ShareFit 5-Diet

Vegan

1600 Calorie Menu Plan

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ShareFit FAQs and How-To's

How does this diet work?

All effective diets work by reducing the number of Calories you consume to promote weight loss. Weight gain occurs when you consume more Calories than your body needs to maintain an appropriate weight.

For example, the average American woman is 5'4 inches tall and weighs 166 lbs, which provides a BMI of 28.5, or overweight. A BMI of 25 classifies an individual as overweight, while a BMI of 30 or greater indicates obesity.

As this woman is overweight, she has consumed more Calories than her body needs to sustain an appropriate weight for her height and activity levels. An appropriate weight for her height would be 110-130 lbs. Therefore, to achieve a weight in that range, she will need to reduce her Caloric intake and increase her activity to achieve and then maintain her goals.

The most integral component of weight loss is Caloric tracking.

Caloric tracking is also known as "food journaling" or a "food diary", and involves measuring and recording Calorie content of each meal, snack, and beverage you consume.

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While it may seem easy and effective to simply “eyeball” or estimate a portion size, don’t! Even experts struggle to serve appropriate portion sizes, and even small amounts of extra Calories add up over time. If you were to be “off” by just 25 Calories at each meal, **you could potentially gain over seven pounds a year.**

Use measuring cups and spoons to measure and record everything you consume (aside from water and other zero-Calorie beverages and green vegetables). If you’re unsure of the number of Calories in an item, **ShareFit**’s online tools can help you keep track and stay accountable. It’s the most reputable calorie database on the internet, featuring a limitless array of items, brands and support.

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Do I track as I go or in plan advance?

It's best to plan ahead to avoid anxiety and promote confidence in your ability to carry out those plans to goal fulfillment. It's also possible to track Calories as you move through your day, but for many people this ambiguity leads to binge eating and temptation, whereas a concrete plan provides a roadmap to success. **You can either plan for an entire week or one day at a time.**

Simply add the Calories of your three preferred meal selections, and then subtract the total meal Calories from your daily Calorie goal.

For example, if you chose to consume three 300 Calorie meal options, you would arrive at a total meal Calorie content of 900 Calories. Then, depending on your daily Calorie goal (1600 or 2000 Calories), you would subtract the caloric content of your meal contributions from that goal.

So, on a diet of 2000 Calories, you'd have 1100 Calories left over for extras, like snacks, treats, condiments, or add-ons. On a diet of 1600 Calories, 700 Calories would remain for extras.

Why are some of the recipes in my plan lower in Calories than others?

The Calorie content of meals in your plan may vary by as many as 150 Calories.

This is to offer the flexibility to choose meals that are lower in Calories, in order to save Calories for a larger meal, snack, or treat later in the day.

You may also choose to add additional condiments or side dishes to meals in lieu of snacks, treats, or larger meals later on.

My meals only add up to 900 Calories. What do I do with my other Calories?

All of our meal plans feature meals ranging from 280-490 Calories, with the purpose of allowing clients “leftover” Calories once breakfast, lunch, and dinner are accounted for.

To plan your day and account for leftover Calories, add the total Calories you will be consuming from meals and subtract the total from your daily goal- the amount of leftover Calories will be your quota for daily extras.

Leftover Calories are intended to be used for dietary “extras”- snacks, side-dishes, condiments, and treats. You can and should include items in your diet that provide you with satisfaction and pleasure: a balanced diet is about moderation.

Common uses for leftover Calories include treats and desserts, snacks, condiments, added sugar, and Caloric beverages, such as alcohol, juice, or milk in coffee.

It is important to account for the portion size and Calories of your extra food items by measuring portion sizes and recording Calorie content in your food journal.

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What are some good snack options?

Snacks should be healthy, filling options that align with your Caloric needs for the day.

The most satiating items are generally fruits, vegetables, and other foods already included in your plan.

However, if there are other items you prefer, you should incorporate those as well, even if they aren't the "healthiest" option available.

Your main meals ensure that you're getting a balanced array of nutrients and adequate vegetable consumption- your "extra" Calories ensure that you're consuming enough of the foods you enjoy that you can stick with your plan and moderate Calories long-term without feeling deprived.

If you're struggling for ideas, the following options are all healthy, filling snack choices:

Cut vegetables
Salad
Fruit
Vegan Yogurt
Nuts
Dried Seaweed Snacks
Kale Chips
Hummus

So what would a typical day look like in my food journal?

Assuming a 1600 Calorie diet,
a typical day may appear as follows:

Main Meals

Rainbow Bowl	341 Calories
Asian Tofu Salad	324 Calories
Tune-Up Turnip Nachos	252 Calories
Total Meals	**917 Calories**

Extras

Coffee, ½ cup Soymilk Creamer	90 Calories
1 oz (24 whole kernels) Almonds	163 Calories
1 cup Vegan Cappuccino Ice Cream	400 Calories
Extras total	**683 Calories**

Total Daily Calories: 917+663 = 1600 Calories

ShareFit 5-Diet Plan

1600 Calorie Vegan Menu

	Breakfast	Lunch	Dinner
Day 1	Strawberry Almond "Cereal-less" Bowl 8 oz coffee 8 oz water	Double Dose Chickpea Hummus Greek Salad 8 oz water	Tuned-Up Turkey Turnip Nachos 8 oz water
Day 2	Grab & Go Breakfast 8 oz tea 8 oz water	Asian Tofu Salad 8 oz water	Black Bean Chili 8 oz water
Day 3	Banana Cinna-Yum Parfait 8 oz coffee 8 oz water	Peter Rabbit Garden Bowl 8 oz water	Tofu and Chickpea Scampi 8 oz water
Day 4	Rainbow Bowl 8 oz tea 8 oz water	Citrus Black Bean Chop Chop 8 oz water	Quick Chinese Tempeh Lettuce Wraps 8 oz water
Day 5	Sweet Morning Carrot Cake Bowl 8 oz coffee 8 oz water	Sunny Edamame Bowl 8 oz water	Quick Olive-Kissed Green Beans 8 oz water

Vegan Recipes

Breakfast Recipes

Strawberry Almond "Cereal-less" Bowl

Serves 1

1 cup light soy milk

1.5 cups strawberries

¼ cup sliced almonds

1. Remove stems from strawberries. Slice, if desired.
2. Pour soy milk over strawberries.
3. Top with almonds to serve.

Nutritional Information: 276 Calories, 14.5 g fat, .9 g saturated fat, 0 mg cholesterol, 122 mg sodium, 29.7 g carbohydrate, 20.1 g fiber, 17.4 g sugar, 12.5 g protein

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Grab and Go Breakfast

Serves 1

2 tbsp peanut or almond butter

1 medium apple or 1 cup apple slices

1 6 oz container coconut milk yogurt (such So Delicious Dairy Free Cultured Coconut Milk)

1. Slice apple and serve with smear of peanut butter.

Nutritional Information: 395 Calories, 20.6 g fat, 3.4 g saturated fat, 10mg cholesterol, 238 mg sodium, 38.5 g carbohydrate, 9 g fiber, 33.9 g sugar, 8 g protein

Banana Cinna-Yum Parfait

Serves 1

1 6 oz container coconut milk yogurt (such So Delicious Dairy Free Cultured Coconut Milk)

1 cup banana slices

Cinnamon, to taste

1. To serve, top layer yogurt and banana slices, top with a sprinkle of cinnamon.

Nutritional Information: 284 Calories, 4.5 g fat, 0 g saturated fat, 0 mg cholesterol, 92 mg sodium, 61.3 g carbohydrate, 9 g fiber, 37.4 g sugar, 1.5 g protein

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Rainbow Bowl

Serves 1

½ cup sliced strawberries
½ cup diced green apple
½ cup blueberries
½ cup diced peaches
¼ cup diced or chopped pecans
2 tbsp low-sugar orange juice (Such as Tropicana 50)

Combine all ingredients in large bowl, toss with pecans and orange juice to serve

Nutritional Information: 341 Calories, 22.1 g fat, 2.2 g saturated fat, 0 mg cholesterol, 3 mg sodium, 37.6 g carbohydrate, 13.1 g fiber, 25.8 g sugar, 5.1 g protein

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Sweet Morning Carrot Cake Bowl

Serves 1

½ 16 oz block light, firm tofu (Such as Azumaya Light)

¼ cup canned, no sugar added diced or crushed pineapple

¼ cup carrot, shredded as thinly as possible

¼ cup pureed canned pumpkin (not pumpkin pie mix)

2 tbsp raisins

dash cinnamon

1. In a blender, combine tofu and canned pumpkin, blending to yogurt consistency with dash of cinnamon.
2. Combine tofu mix, pineapple, carrot, and raisins with tofu mixture to serve.

Nutritional Information: 204 Calories, 2.2 g fat, 0 g saturated fat, 0 mg cholesterol, 275 mg sodium, 29.9 g carbohydrate, 3.8 g fiber, 19.2 g sugar, 19.6 g protein

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Sweet Potato Pie Bowl

Serves 1

1 cup cold, pre-baked or microwaved sweet potato

1 cup light soy milk

Cinnamon, to taste

1. To bake sweet potato, pierce medium potato several times with knife or fork and wrap in aluminum foil. Bake at 400 degrees for approximately 45 minutes, checking occasionally for tenderness.
2. To microwave, pierce medium potato several times with knife or fork and place on microwave safe plate covered with a damp kitchen towel. Microwave on high 4-5 minutes, checking occasionally for doneness.
3. Combine mashed sweet potato and soy milk in blender with dash of cinnamon.
4. Blend until smooth, or desired consistency.
5. Serve with additional cinnamon, if desired.

Nutritional Information: 250 Calories, 2.3 g fat, 0 mg cholesterol, 192 mg sodium, 49.4 g carbohydrate, 7.6 g fiber, 19 g sugar, 10 g protein

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Lunch Recipes

Double Dose Chickpea Hummus Greek Salad

Serves 1

¾ cup chickpeas
½ cup sliced cucumber
½ cup sliced tomato
½ cup sliced red bell peppers
4 cups salad green of choice: romaine, spinach, or field green blend
¼ cup light hummus (Such as Safeway Eating Right, or 80 Calories preferred Hummus)
2 tbsp red or white wine vinegar, or lemon, to taste
Pepper, Italian Seasoning

Combine all ingredients in large bowl. To dress, season with red or white wine vinegar, lemon, pepper, and Italian seasoning to taste.

**Please note that zero Calorie sweetener may be added to cut the acidity of both the vinegar and the lemon. In traditional dressing recipes, sugar plays this role. You may use real sugar if you wish, but note that each teaspoon of sugar adds 15 Calories.*

Nutritional Information: 354 Calories, 7.4 g fat, 6.6g saturated fat,0 mg cholesterol, 733 mg sodium, 56.2 g carbohydrate, 14.9 g fiber, 7.7 g sugar, 20.2 g protein

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Asian Tofu Salad

Serves 1

½ 16 oz block light, firm tofu (Such as Azumaya Light)
½ cup sliced cucumbers
½ cup sliced bean sprouts
½ cup sliced mushrooms
½ cup sliced green onion
4 cups romaine
¼ cup Light Miso Vinaigrette, such as Bolthouse Farms Miso Ginger Vinaigrette (find in refrigerated dressings section, or use 80 Calories of preferred Asian-style dressing)
1 tbsp Sesame Seeds

1. Firmly press tofu between two kitchen towels to remove excess moisture.
2. Combine all ingredients in large bowl.

Nutritional Information: 324 Calories, 10.7 g fat, 1 g saturated fat, 0 mg cholesterol, 666 mg sodium, 32.5 g carbohydrate, 7.8 g fiber, 15.5 g sugar, 28.4 g protein

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Peter Rabbit Garden Bowl

Serves 1

½ cup canned pickled beets, drained
½ cup sliced or julienned carrot
½ cup sliced or julienned cucumber
½ cup sliced or julienned radish
1 cup grape or cherry tomatoes
¼ cup diced pecans or walnuts
2 tbsp light balsamic vinaigrette, such as Newman's Own Light Balsamic Vinaigrette Dressing (or 45 Calories worth of preferred vinaigrette)

1. Combine all ingredients in large bowl.

Nutritional Information: 351 Calories, 23.6 g fat, 2.1 g saturated fat, 0 mg cholesterol, 469 mg sodium, 33.5 g carbohydrate, 8.6 g fiber, 20.6 g sugar, 6 g protein

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Citrus Black Bean Chop Chop

Serves 1
**Note: This recipe is best prepared the night before, to allow flavors to meld.*

½ cup canned black beans, drained and rinsed

1-2 medium limes

Approximately ½ cup each, chopped finely: red bell pepper, green bell pepper, celery, tomato, red onion, avocado

¼ cup chopped cilantro (optional, recommended)

¼ tsp chili powder

½ tsp cumin

2 cups romaine

1. Heat small sauce pan to a simmer. Add shrimp and allow to cook until opaque, approximately 2 minutes.
2. Remove shrimp from heat and cool with ice.
3. Combine all ingredients through cumin, allow to set overnight for best results.
4. Serve atop bed of romaine.

Nutritional Information: 332 Calories, 13 g fat, 2.3 g saturated fat, 0 mg cholesterol, 300 mg sodium, 44.7 g carbohydrate, 14.9 g fiber, 11.7 g sugar, 12.8 g protein

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Sunny Edamame Bowl

Serves 1

½ cup shelled edamame
3 tbsp sunflower seeds
½ cup grated carrot
½ cup grated radish
½ cup grape tomatoes
½ cup sliced mushrooms
1 cup snow peas
3 cups spinach
2 tbsp light balsamic vinaigrette, such as Newman's Own Light Balsamic Vinaigrette Dressing (or 45 Calories worth of preferred vinaigrette)

1. Combine all ingredients in large bowl to serve

Nutritional Information: 360 Calories, 16.9 g fat, 2 g saturated fat, 0 mg cholesterol, 348 mg sodium, 36.6 g carbohydrate, 13.5 g fiber, 15.5 g sugar, 21 g protein

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Dinner Recipes

Tuned-Up Turnip Nachos

Serves 1

2 cups thinly sliced turnip (a mandolin works best, or slice very thinly with knife)
1 Vegan Burger Patty (Such as Boca Original Vegan, or 70 Calories preferred beef substitute)
dash chili powder
dash ground cumin
dash oregano
2 tbsp salsa
¼ cup black or pinto beans, drained and rinsed
Chopped tomato, shredded iceberg lettuce, sliced green onion

To prepare turnip chips:
1. Place sheet of parchment paper across microwave-safe plate.
2. Dry sliced turnips thoroughly with kitchen towel, season lightly with salt if desired.
3. Place turnip slices on plate, not overlapping (multiple batches may be required)
4. Microwave on high for approximately 4-5 minutes- more or less looking time may be required depending upon the thickness of turnip slices. Keep watch and turn microwave off when turnips begin to brown.
5. Allow to rest in 1 minute, then check doneness- if unfinished, or if you desire a crisper chip, cook for 1-2 minutes.

To prepare "meat" mixture:
1. Microwave meat substitute according to package directions.
2. Allow to cool, as not to burn fingers, or mash with fork.
3. Mix with dash of chili powder, cumin, and oregano.
4. To assemble nachos, plate turnip chips, cover with lettuce, tomato, green onion, and "meat" mixture, followed by beans and salsa.

Nutritional Information: 252 Calories, 2.5 g fat, 0 mg cholesterol, 959 mg sodium, 46.9 g carbohydrate, 13.9 g fiber, 19.5 g sugar, 17.7 g protein

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Black Bean Chili

Serves 2

1 (15-ounce) cans black beans, drained and rinsed

1 (14.5-ounce) cans no-salt-added whole tomatoes, undrained and chopped

½ (4.5-ounce) can chopped green chiles, drained

½ cup chopped onion

½ cup chopped zucchini

2 cloves garlic, crushed

1 tbsp chili powder

½ tsp cumin

dash black pepper

Cilantro, if desired

1. Coat large, deep-bellied sauce pan with non-stick cooking spray, heat over medium. Add onion, zucchini, and garlic, sauteing until soft, 3-4 minutes. If the mixture begins to stick, loosen with 1-2 tbsp water. repeating as necessary.
2. Add all other ingredients, stir thoroughly and bring to a boil.
3. Reduce heat and allow to simmer 10-15 minutes.
4. Garnish with cilantro, if desired.
5. Divide equally among 2 bowls.

Nutritional Information per ½ recipe: 260 Calories, >1 g fat, 0 g saturated fat, 0 mg cholesterol, 900 mg sodium, 55.8 g carbohydrate, 13.1 g fiber, 9.4 g sugar, 14.4 g protein

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Tofu and Chickpea Scampi

Serves 1

½ 16 oz block light, firm tofu (Such as Azumaya Light)

Garlic, 2-3 cloves, crushed

2 cups fresh green beans, stems removed

1/2 tsp olive oil

2 tbsp dry white wine

½ cup canned chickpeas, drained and rinsed

Chopped Fresh Parsley and Black Pepper for serving

1. To prepare green beans, fill pot with water and heat over medium-high.
2. When water begins to boil, add green beans and allow to boil for approximately five minutes, testing frequently for doneness.
3. Press tofu between two kitchen towels to remove excess moisture.
4. Spray a second pan with non-stick cooking spray and heat over medium.
5. Add garlic and saute until garlic begins to brown- if the garlic begins to stick, loosen by adding 1-2 tbsp water.
6. Add tofu and cook until nearly opaque.
7. Add chickpeas, white wine, and ½ tsp olive oil.
8. To serve, plate green beans and top with shrimp and chickpea mixture, finishing with parsley and black pepper.

Nutritional Information: 334 Calories, 8.2 g fat, 280 mg cholesterol, 565 mg sodium, 36.8 g carbohydrate, 12.2 g fiber, 4g sugar, 30.9 g protein

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Quick Chinese Tempeh Lettuce Wraps

Serves 1

½ 8 oz package organic soy tempeh, such as Turtle Island Organic Home-style Soy Tempeh (Or 200 Calories preferred tempeh)

1 clove crushed garlic

½ cup each chopped green onion, celery, bean sprouts, mushrooms

1 tsp sesame oil

1 tbsp low-sodium soy sauce

¼ tsp ground ginger

2 cups fresh broccoli

Lettuce leaves, for serving

1. To prepare broccoli, fill steaming pot with water and heat over medium-high.
2. When water begins to boil, add broccoli and allow to steam for 5-10 minutes, testing frequently for desired doneness.
3. Spray a second pan with non-stick cooking spray and heat over medium.
4. Add garlic, green onion, celery, bean sprouts, and mushrooms to pan. Saute 1-2 minutes, until veggies just begin to soften.
5. Coarsely crush tempeh into pan, cooking tempeh and veggie mixture until veggies finish to desired doneness. If the mixture begins to stick, loosen by adding 1-2 tbsp water.
6. Add sesame oil and soy sauce to pan. Sprinkle with ginger, stirring well to combine.
7. Divide mixture among lettuce leaves and roll into wraps, serve alongside steamed broccoli.

Nutritional Information: 366 Calories, 12.9 g fat, 1.6 g saturated fat, 0 mg cholesterol, 1010 mg sodium, 37.1 g carbohydrate, 17.7 g fiber, 6.8 g sugar, 31.7 g protein

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Quick Olive-Kissed Greek Beans

Serves 1

¾ cup chickpeas

¼ cup pitted kalamata olives (or preferred type of olive)

3 cloves garlic, crushed

1 red bell pepper, thinly sliced

½ cup red onion, thinly sliced

1 cup zucchini, sliced

½ cup no salt added canned tomatoes, undrained

2 Tbsp white wine

1-2 tbsp italian seasoning

1. Spray a large pan with non-stick cooking spray and heat over medium.
2. Add garlic, red bell pepper, red onion, and zucchini, saute until veggies just begin to soften. If mixture begins to stick, loosen with 1-2 tbsp water.
3. Add chickpeas, olives, tomatoes, white wine and italian seasoning.
4. Allow mixture to simmer for 5 minutes before serving.

Nutritional Information: 345 Calories, 6.6 g fat, 0.6 g saturated fat, 0 mg cholesterol, 662 mg sodium, 53.3 g carbohydrate, 12.9 g fiber, 12.7 g sugar, 15.9 g protein

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Beyond the ShareFit 5-Diet Plan

While the most integral part of weight loss is calorie tracking, there are a number of other ways to help you get to – and stay at - a healthy weight. If you're ready to go beyond the ShareFit 5-Diet Plan, implement these 30 tips to enhance your health and happiness.

30 Days of Action Checklist

Take action every day towards your goals. Try to implement each of the 30 weight loss tips at least once over the course of 30 days. As you complete each, check it off your list.

1. **Record everything.** ☐
   Weight gain occurs when too many Calories are being consumed and not enough Calories are being expended. Many people eat far more than they realize, thanks to inflated portion sizes and a failure to measure food. Always measure and record portion sizes and Calories using your food journal included in your ShareFit.com profile. Record your foods and calories immediately upon consuming a meal- many people tend to forget how much they've eaten as they move through their day, or underestimate their true Caloric intake. Food journaling provides huge results for very little effort.

2. **Be a critical consumer.** ☐
   If a diet trend or product promises "fast weight loss" or encourages any of the following, skip it: fasting, detoxing, eliminating solid food, or meal replacement shakes and beverages. Not only do these not produce the promised results, they are completely unnecessary and potentially harmful. Calorie counting and exercising work. Fad diets do not.

3. **Let your heart be heard.** ☐
   As you go throughout your day, consider the following question: If you could make any major changes to improve your life, what would they be, and why? Don't aim for shallow or materialistic things like new countertops or more shoes. Instead, look for ways that your life could be

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more fulfilling. It can be scary to recognize our deepest desires for ourselves, out of fear that we'll never meet them. But if you hold them inside yourself, it's certain they'll never be achieved. Ask yourself: what emotional or social changes do I need to make my life the best I am capable of living?

4. **Step Up.** ☐
   Find a flight of stairs and walk up and down it for 2 minutes to engage your glutes, quads, and hamstrings.

5. **Embrace the scale.** ☐
   If you can't measure something, you can't improve upon it. Many people tend to avoid the scale out of fear, disappointment, and ego. However, you'll never improve unless you start looking at the scale as an ally- it tells you exactly whether you've begun to backslide, or whether you're moving along as planned. Weigh yourself every day, first thing in the AM, before you've had any food or water. Record your weight each day in your ShareFit.com profile (weight can fluctuate by up to 4 lbs depending on water retention) and take a weekly average to gauge progress.

6. **Cardio first.** ☐
   If you have the choice, always perform cardiovascular exercise over strength training, especially if you're trying to lose weight. Despite the erroneous myths fueling many current fitness trends, cardiovascular exercise burns far more Calories and fat than strength training, and increases muscle tone in the large muscles of the lower body. Aim to gradually increase your cardiovascular routine to 60 minutes per day before adding an significant amount of strength training, which is essential to build muscle and prevent osteoporosis.

7. **Barely moving is better than not at all.** ☐
   Weight loss takes time. Even if the scale seems like it's refusing to budge, weight loss will come in time. Stay on the path, record your Calories, and track your calories burned during exercise in your ShareFit.com profile. When the numbers add up, you'll see progress. Slow progress is still

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progress.

8. **Know your numbers.** ☐
   Heart disease is the number one killer of both men and women. Even if you aren't obese, your heart may be at risk for a number of other reasons. Every year, visit a Doctor's office or clinic and have the following crucial numbers assessed: blood pressure, cholesterol, waist size, and BMI: Be sure to check for deviations from the previous year, and ask your doctor or nurse to explain your numbers and whether or not they should be improved upon. The (short) visit is well worth your time- the primary person responsible for risking or saving your life is you.

9. **Be young at heart.** ☐
   Children believe they're capable of anything. Reflect on your childhood, and rekindle the belief that you can do anything you set your mind to. Your limitations likely exist in your head alone. Every success story starts with a decision to try.

10. **Create an environment that's conducive to your success.** ☐
    Stop buying superfluous snacks, treats, and temptations. Many people rationalize that unhealthy items are "for their children," or, "for their spouse," but the truth is that they don't need them, either. However, adults should be free to make their own food choices, so if your significant other is going to keep food items in the house that you feel may unnecessarily tempt you, offer a compromise: they have their own cabinet (or you have yours) or section of the refrigerator to keep their goodies, one that you don't go into. Out of sight, out of mind.

11. **Don't buy things you don't need.** ☐
    Many people spend hundreds of dollars on personal trainers, thanks to pressure from health clubs, or a belief that a trainer will help motivate them to exercise. Your motivation and accountability needs to be to yourself to succeed. While a trainer can help teach you new exercises or show you how to use machines, another staff member or a seasoned friend can do the same thing. Or, consult a reputable website for advice

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on how to get started or do an exercise safely and accurately.

12. **When in doubt, wait it out.** ☐
    Plate of cookies someone brought to the office calling your name? Wait an hour, and reflect whether or not you really want the cookie. Is the instant gratification really worth sabotaging your success? If you decide you really want a cookie, buy one at the store the next day, once you've worked it into your daily Caloric intake.

13. **Find a mantra.** ☐
    It can be a short phrase, a quote, a lyric, or a verse, as long as it speaks to you personally. Use your mantra in times that you're feeling weak, to remind yourself why you began this journey in the first place.

14. **Ask for help.** ☐
    Don't keep your weight loss a secret. Friends, family, gym buddies, and fellow ShareFit.com members can support you on your journey, and provide valuable refuge in times of tire or anxiety. The only person who knows exactly what you need is you, so it's up to you to ask for support and give concrete examples of ways that person can help you, such as "It's really hard to eat out and stick to my diet. Can we try to only eat out once a week? I'd really appreciate if you supported me in this."

15. **Know thy enemy.** ☐
    Make a list of every habit or action that caused you to gain weight in the first place. Where were the extra Calories coming from? Unnecessary snacking? Caloric beverages? Emotional eating? Keep that list in your food journal, along with a list detailing ways to keep yourself from backsliding into negative habits, such as "If I am bored, I'll make a cup of tea and catch up with my scrapbooking," or "If I'm feeling the urge to eat emotionally, I'll take the dog for a walk."

16. **Remember that little bites count.** ☐
    Many people tend to disregard the weight of small bites, assuming that a few extra Calories here and there won't add up over time. However, it's

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that exact mindset that leads to a lot of little Calories adding up to weight gain: a bite of your child's leftover chicken nugget here, a taste of your husband's ice cream there. A mere 25 extra Calories per day (the amount in half of a chicken nugget or one bite of ice cream) could lead to nearly 3 lbs' weight gain in a year. Record everything you eat in your food journal, even little bites.

17. **Course corrections.** ☐
    The second you feel a negative thought creep into your head ("My thighs are huge," or "I can't do this,") correct the thought with a positive one. Negative internal diatribe is demotivational and can prevent you from carrying out the behavioral changes that are necessary towards achieving your goal. Immediately correcting your thoughts ("I'm not there yet, but I'm trying," or "It's hard, but I can do it,") allows you to take control of a negative experience and turn it into a positive one, increasing the odds of your success.

18. **1 minute fitness.** ☐
    If it's an "even" day of the week (such as May 2 or December 14), hold a plank for 1 minute twice a day. If it's an odd day, do 1 minute of squats (or donkey kicks if unable to squat) and 1 minute of push-ups (do assisted push-ups with hands against countertop if unable). By the end of the week, you'll have accrued an additional 14 minutes of strength-training exercise. To learn how to do these exercises and many more, check out the videos in the Workout Room on ShareFit.com.

19. **Take a bite of out temptation.** ☐
    Fighting with the urge to snack, even though you're full? Chewing sugar-free gum can satiate your need for flavor and reduce the urge to chew away unnecessary Calories.

20. **Sip away stress.** ☐
    Many people struggle with stress and emotive eating. If you're hankering for a donut from the office breakroom because you're feeling overwhelmed or anxious, try microwaving a cup of tea or coffee. The

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soothing aroma and taste will help calm your nerves without any additional Calories, and the liquid volume will help fill you up and keep you out of your coworker's candy stash.

21. **Push it.** ☐
    Brace your hands against a counter, step, or coffee table and perform 10 pushups and 10 tricep dips. Repeat twice for an easy, do-anywhere arm workout. To learn how to do these exercises and many more, check out the videos in the Workout Room on ShareFit.com.

22. **If at first you don't succeed, try try again.** ☐
    Accept your mistakes. You're human. No one is born knowing everything. The most important thing when you make a mistake is not to stay "stuck"- if you skip a workout, don't skip the next day, and do a little extra to make up for it. If you give in and blow past your Caloric needs, don't hop in the car and drive to Dairy Queen, figuring you've already "ruined" your day. Be a positive part of your process. If you make one mistake, it's an opportunity for growth. If you make one mistake and then give in, it's a defeat.

23. **Let Mr. Sandman pay you a visit.** ☐
    Studies have consistently shown that sleep-deprived people tend to gain weight, thanks to reduced motivation and an increased appetite. Aim to get at least 7 hours of sleep each night- eight or more, optimally. No TV show is worth feeling depleted the next day. Set it to tape.

24. **Stay hydrated!** ☐
    Many people tend to mistake thirst for hunger, and end up consuming far too many Calories to satiate that phantom hunger. Instead, buy a reusable water bottle and keep it with you at all times. Aim to drink at least 12 oz of water with each meal- the volume aids satiety, and your body needs water to carry out every physiological process in your body. Many people find that doing so also find that their increased fluid intake relieves their consistent headaches and improves mental clarity.

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25. **Compliment yourself daily.** ☐
    Each day, select one "proud" moment and reflect upon it: did you resist the urge to skip the gym? Stay patient with your child? Celebrate that victory and determine the mental process that promoted that success, so that you can repeat it in the future.

26. **Plan for Failure.** ☐
    Ever hear the phrase, "If you fail to plan, you'll plan to fail,"? Same goes for dieting. If you engage in the fantasy that you'll never encounter moments of frustration, disappointment, or temptation, you'll ultimately recede back to your negative habits.Make a plan for these moments. Tempted, overwhelmed, and downright snacky? Feeling like you want to tear into a package of Doritos with reckless abandon? Plan for that- that way, when the moment (or moments) hit, you know exactly what to do. Take a deep breath, remove yourself from the area of temptation, and go somewhere to reflect on your goals until the temptation ceases.

27. **Make friends with your food.** ☐
    Make a list of your top 10 guilty pleasure foods- the things you feel you could never give up. Now, go online and look up their Calories, or calculate the calories in your "go to" recipe. Figure out how to incorporate those items into your diet. You may need to modify your portion size, or they may be fine as is. Either way, it's important to know how to include those items without depriving yourself or derailing your diet on a binge spree.

28. **Diner beware.** ☐
    Use ShareFit.com or go to your favorite restaurant's website to locate Nutritional Information. Browse the Calorie content to foster an awareness of the massive Calorie influx that occurs in restaurant meals vs home-based dining. A study published in the American Medical Association's Journal *JAMA Internal Medicine* found that the average restaurant entree contains 1,500 Calories- essentially, 42% of the Calories needed to generate 1 lb of fat. While it's possible to choose healthy options when dining out, it's always best to dine at a restaurant

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where Nutritional Information is available on the website. That way you can plan a few days before and allocate Calories for that meal.

29. **Take a stand.** ☐
    The overwhelming majority of Americans spend too much time seated: in cars, at work, in front of the computer or tv, waiting for appointments, at meals and social events. When you have the chance, stand up rather than taking a set! Take a phone call as you walk around your office or choose to stand at the pharmacy while you wait for a prescription to be filled. The extra time on your feet can decrease your chances of cardiovascular diseases, high blood pressure, and diabetes. Researchers have found that, even for those who exercise copiously, spending more than 23 hours per week seated is associated with a higher risk of early death.

30. **Step to it.** ☐
    Get up from your desk and take two, five minute walking breaks a day. If the average American woman (166 lbs) were to walk at 3 mph for just ten minutes a day, could lose upwards of 4 lbs in a year.

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