
RAWHIDE HEALTH – MEDICINE IN A BETTER WAY

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7- day meal examples (weight loss version) article

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I want to present some examples for a meal plan directed at a very reasonable and appropriate level of intake for a weight-loss effort. I understand that many will look at the table and refute “reasonable,” as well as appropriate, but this is very real. The following is a sample week’s worth of eating that will fit the broad guidelines I have presented in previous nutrition articles, for a goal directed weight-loss plan. It does not reference exercise or activity level. It is not all inclusive, nor the absolute best, must, follow exactly advice. It is a simple, open, adaptable, printable, user friendly start point. It was compiled with assistance and support from Raelene Ross, who many of you may well know. Given that, a few caveats need covered/refreshed:

100 grams of protein, 100 grams of carbohydrates, and 45 (round it to 50) grams of fat comes to approximately 1200 kcal (or 1250). Some days will go just a bit higher, some days can then go a bit lower. The table is not intended to be a sit down and just eat what is on the page – evaluate what you eat, select best food choices, substitute where you need to or would like. For any adjustments, a whole food exchange should be understood. Substituting a Greek yogurt for 4 oz of lean beef, for example, is not a one-for-one. An adequate serving of yogurt to reach about 28 grams of protein (that which is in 4 oz of beef steak) would be 2 ½ servings, which then makes 45 grams of carbohydrates that were never in the steak. That is by itself almost half of the total allocated regular daily carbohydrate intake. Regular yogurt is even more problematic at 5 ½ servings and 165 grams of carbohydrates and over a day and a half’s worth of what your body needs. I will add extra emphasis to *needs*, as we are not talking about what you like to do, what you have always done, what “seems” like it should be good enough, but what is in actuality **needed**. Anyone that is working to trim a few pounds, or even more than that, has extra energy in stored excess. That is what fat is. Pure energy. Carbohydrates, and really all food, is just more energy, which is what you are trying to use up and cut back.

Now yogurt is good food and very nutritious, but look at the difference and you can see how quickly “good food” can demolish all that you are working to change if it is not understood for what it is. Carbohydrates are not evil, nor even bad; you just need to know what you are eating and using in your body to make the healthy choices that will allow you to accomplish the goals you are striving for. The meal plans offer a “focus” on protein, but do not be confused by this. They only reach ~25-33% of daily calories coming from protein. That means that every day intake is still 67-75% fat and sugar. An average of calories/food being 70% fat and sugar would seem to not really be dieting at first blush to many when looked at that way, but just work with this and see what you can accomplish. Feel free to reach out with your success, frustration, encouragement, or disbelief, Raelene will be glad to listen to it all. I will also be posting a 300 gram daily protein plan for a weight-gain/bodybuilding approach as well. So, let’s see what a healthy, proper, good protein, low calorie, dietary approach can look like:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	1 egg fried in ½ tbls fat 1c milk 1pc whole wheat toast w/1tsp butter 2oz sausage patty	1c brown rice w 1tsp brown sugar 1c milk 1oz raisins	2oz steak in ½ tbls fat 1c milk 1 english muffin w 2tbls butter	1 scrambled egg in ½ tbls fat 7oz fage total yogurt 1c milk	1c shredded wheat 1c milk	1c original rolled oats 1c milk w1egg	2 egg omelet w ½ tbls fat w 2 oz cheese 1c milk
Snack			1 apple 1 hard boiled egg			1oz raisins	
Lunch	3oz tuna 1 apple	1c cottage cheese 1 stalk celery 2tbls peanut butter 1c milk		4oz salmon broiled or baked 1c milk 1c spinach 1 med tomato	4oz lean ham 1/2c loose leaf lettuce salad w/1 hard boiled egg w/1oz shredded mozzarella cheese	4oz shrimp	1c hot and sour soup
Snack			1/4c whole unsalted almonds			1oz dry roasted peanuts	8 saltines 2oz cheese
Dinner	4oz deer steak fried w/1tbls fat 1 baked potato w/1 tbls butter 1/2c mixed frozen veg 1c milk	4oz sirloin lean steak 3pc broccoli spears 1c milk	1 fried chicken breast 1/2c loose leaf lettuce 1c milk	Bean burrito 1 flour tortilla 1/2c refried beans 2oz shredded cheese 1c milk	3oz pan fried pork chop in 1tbls fat 1 potato worth of French fries 1/2c frozen corn 1c milk	4oz elk steak w 1tbls fat 1/2c black beans 1/2c frozen mixed veg 1c milk	4oz t-bone lean 1/2c chopped red peppers 3pc broccoli spears 1c milk
Total protein	103 gms	102 gms	80 gms	100 gms	91 gms	100 gms	106 gms
Total calories	1396 kcal	1309 kcal	1356 kcal	1225 kcal	1213 kcal	1170 kcal	1365 kcal