



# Connections Paradise Meal Plan Advisement Program





# *Choosing The Right Food Products*

Always choose foods as close to their natural state when choosing food products.  
For example:

- \*Grapes are better than a glass of red wine.
  - \*A piece of fruit is better than fruit juice.
  - \*A whole potato is better than pasta.
  - \*Steel-cut oats are better than oat flake cereal.
  - \*Brown rice is better than white rice.
- Also, choose nutrient-dense carbs before anything else.



# Refine *Carbohydrates to Avoid*

\*White Bagels

\*Donuts

\*Muffins

\*Sweets and Candies

\*Instant Oatmeal

\*Fruit Juices

\*Bagels

\*Processed breakfast cereal

\*Processed Corn Products

\*White Bread

\*White Pasta

\*White Rice

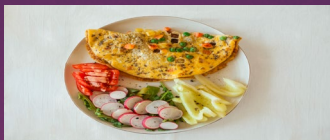
\*Processed potato products

\*Processed Rice Products.

Refined sugar, sodium, and trans fat are our worst enemies for fat loss and can lead to serious health issues.



# Breakfast Suggestions



<p>2 or 1 Boiled egg/2 or 1 Slice of Whole Wheat toast (Egg White optional)</p> <p>1 Whole Wheat English muffin/ Peanut butter, Almond butter, or butter of your choice.</p> <p>1 Whole Wheat English Muffin/ Egg White Omelet.</p> <p><i>CHECK OUT THE OMELET SECTION FOR DIFFERENT OPTIONS.</i></p> <p><b>No butter spread. No Jelly. These are loaded with trans-fat and sugar...</b></p> <p><i>*Ketchup is a healthier option.</i></p> <p>2 slices of whole wheat toast/ 1 slice of cheese or peanuts.</p> <p>1/2 Whole Wheat Bagel/Egg Omelet/Egg White Your choice.</p> <p>Homemade Oatmeal Pancakes use Whole Wheat, Almond Flour, etc. (No white flour).</p>	<p>1 or 2 Whole Wheat Waffle/2 or 1 Scramble Egg/ Egg White optional</p> <p>1 Nature Valley Peanut Butter Dark Chocolate Protein Bar</p> <p><b>Cornmeal Porridge:</b> Use water, Almond milk, or Coconut Milk to make it *No sweet Condensed milk.</p> <p><b>USE RASINS INSTEAD OF SWEET CONDENSE MILK</b></p> <p><b>Stovetop Oatmeal</b> <b>1/2 Cup</b> Oatmeal suggestion (steel cut Oats) keeps you fuller for a longer period of time. Or Oatmeal of your choice.</p> <p>*optional. Add Raisins for a sweet taste.</p>	<p><b>Optional:</b> you can add Two fresh Strawberries, 1/2 Banana 5/6 blueberries.</p> <p>Or fruits of your choice.</p> <p>Add 1/4 teaspoon ground Flax or Chia seed.</p> <p>You can also (add nuts) Pecan, Roasted almonds, or Walnuts, less than a scoop each.</p> <p><b>PLEASE READ THE NUTRITIONAL FACTS ON THE BACK OF EACH PRODUCT TO SEE THE CALORIE INTAKE</b></p> <p>Avocado Whole Wheat Toast</p> <p>Whole Wheat Omelet Wrap</p>	<p>*Spinach Garden Omelet 1 Whole Wheat Wrap 2 or 1 Egg (Egg White) Add veggies of your choice.</p> <p>Mushroom Egg Omelet/ 2 slices of Whole Wheat toast Egg white is optional.</p> <p><b>PLEASE SEE THE SMOOTHIE SECTION</b></p> <p>Protein Smoothie You can add 1/4 teaspoon of ground Flax or Chia seed or both.</p> <p>For flavor, add ground Cinnamon, nutmeg, or All Spice.</p> <p>1 cup mixture of fruits of your choice. You can also add Spinach No more than 1/2 Banana 8 oz Almond Milk or milk of your choice, no fruit juice.</p>
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# Lunch Suggestions



		SANDWICHES SUGGESTIONS
<p>*Sautéed or curry Chickpeas (Gonzo Beans) Wrap. Add veggies of your choice.</p> <p>*Chickpeas (Gonzo Beans) Wrap.</p> <p>*Chickpeas (Gonzo Beans) Salad</p> <p>*Black Bean Wrap</p> <p>*Spinach Garden Omelet 1 Whole Wheat Wrap 2 or 1 Egg (Egg White) Add veggies of your choice.</p> <p>*Tuna Salad</p> <p>*Tuna Lettuce Wrap</p> <p>*Grilled Chicken Lettuce Wrap</p> <p>*Salmon Salad</p>	<p>*Ground Chicken or Ground Turkey Wrap 1 Whole Wheat Wrap ¼ Cup Sauteed ground Chicken or Turkey (No Pasta sauce used for cooking) Add veggies of your choice. Lettuce, Tomatoes, cucumber, etc.</p>	<p>*Plant-Based Burger</p> <p>*Chicken Burger</p> <p>*Turkey burger</p> <p>*Salmon Burger</p> <p>*Veggie Burger</p> <p>*Black bean Burger</p> <p>*Bison Burger</p> <p>½ or 1 small Whole Wheat Bun. Add your veggies, lettuce, Tomatoes, etc.</p>



# Dinner



			Salad Suggestions
<p>*Organic Brown Rice</p> <p>*Basmati Brown Rice</p> <p>*Black Rice</p> <p>*Brown Rice of your choice</p> <p>*Burglar</p> <p>*Quinoa</p> <p>* 1 cup Sweet Potato (Yams) Bake whole or cut up into chunks/cubes and bake. <i>Please note that 1 cup is 114 calories.</i></p> <p>*1 medium size Sweet Potato</p> <p>*1 or 1/2 Rosset potato</p> <p>*Mashed Potatoes For mashed Potatoes, Use Olive oil, Almond milk, or milk of your choice. You can also add mixed vegetables and Spinach to your mashed potatoes.</p>	<p><b>X</b>No whole milk, butter, or Heavy Crème These are high in trans fat.</p> <p>* 1/2 Cup, (4 oz) cooked Pumpkin or Butternut squash/fresh sauteed or baked Cod <i>READ THE NUTRITIONAL FACTS ON THE BACK OF THE PACKAGE</i></p> <p>*1 Small Baked or Air Fried Ripe Plantain</p> <p>*Shrimp Pasta 1/4 Cup Whole Grain Pasta Shrimp. 1 cup of Steamed or roasted vegetables of your choice</p> <p>*Chicken Pasta 1/4 Cup Whole Grain Pasta/ 4 ounces Baked Chicken Breast 1 cup of steamed or roasted vegetables of your choice</p> <p>*1/4 cup cooked Bulgur/ 4 oz of Grilled Chicken Brest</p>	<p>*1/2 Cup Brown Rice/ 4 ounces Curry Chicken Breast</p> <p>*1/2 Cup Brown Rice / 4 ounces of Jerk Chicken Jerk Chicken Breast or 4 Jerked Chicken Wings</p> <p>*1/2 Cup Quinoa/Sauteed Salmon Spinach. Steamed or roasted vegetables of your choice</p> <p>*1/2 Cup Burglar/Baked Salmon Steamed or roasted vegetables of your choice</p> <p>*1/2 Cup of Brown Rice / baked or sauteed Cod or Baked Chicken Wings / Steamed or roasted vegetables of your choice</p> <p>*Chili Made with black beans, Chickpeas, or Lentils Turkey and Quinoa</p> <p>*1/4 Cup Whole grain Pasta/ground turkey, ground Chicken, or Grass-fed Beef.</p> <p>*1/4 cup whole grain Pasta/ Turkey Meatballs.</p>	<p>*Quinoa/ Gonzo Beans Salad</p> <p>*Tuna Salad.</p> <p>*Quinoa Avocado Salad.</p> <p>*Veggie salad.</p> <p>*Egg Salad</p> <p>*Salmon Salad</p>



# Snacks



<p>Fruit Salad: A small serving of fruits *One banana Water Mellon</p> <p>*1 Apple sliced / Peanut, Almond, or butter of your choice *1 Grapefruit</p> <p>*Steamed, raw, or Roasted Baby Carrots.</p> <p>*Sliced Cucumber.</p> <p>*1 2.25-ounce pouch of Goldfish.</p> <p>*Sweet Potatoes Fries</p> <p><i>PLEASE READ THE NUTRITIONAL FACTS ON THE BACK OF THE PACKAGE FOR CALORIC INTAKE.</i></p> <p>*Small bag of Sun Chips</p> <p>*NUTS</p> <p>Unsalted Cashews</p> <p>Macadamia nuts.</p>	<p>Roasted Almonds.</p> <p>Pecan</p> <p>Walnut</p> <p>Brazil nuts</p> <p><b>20 Pistachios</b></p> <p>*</p>	<p>Whole grain low sodium pretzel</p> <p>*Whole-grain crackers (optional) One slice of Cheese</p> <p>*Club Multigrain Crackers</p> <p>*Whole Grain Wheat thins Crackers</p> <p>*Kellogg's Toasted Harvest Wheat Crackers</p>	



## SALAD OPTION



## PASTA MEALS



## WRAP



## COMPLEX CARBS FOR ENERGY



<p>Please note that you can add fruits and nuts of your choice of salad. e.g. ` Strawberries, Blueberries,</p> <p>*Egg Salad 2 Eggs (Egg White optional)</p> <p>*B) Low sodium Oven-roasted turkey breast <i>from the Deli, not pre-packaged, prepackaged is processed</i></p> <p>*Chicken Breast Salad</p> <p>*Jerk Chicken Salad</p> <p>*Sautéed or Curry Chickpea Salad</p> <p>*Shrimp Salad</p> <p>*Tuna Salad</p> <p>*Salmon Salad</p>	<p>Whole Wheat Pasta or Chickpea Pasta</p> <p>*Shrimp Pasta</p> <p>* Steamed or Roasted vegetable Pasta.</p> <p>*Chicken Breast Pasta</p> <p>*Ground Chicken or ground turkey Pasta.</p> <p>*Rasta Pasta/ Chicken or Shrimp</p>	<p>*Chickpeas (Gonzo Beans) Wrap.</p> <p>*Black Bean Wrap</p> <p>*Tuna Lettuce Wrap</p> <p>*Grilled Chicken Wrap</p> <p>*Lettuce Chicken Wrap</p> <p>*Ground Chicken or Ground Turkey Wrap</p> <p>*Shrimp Wrap</p>	<p>*Quinoa</p> <p>*Brown Rice</p> <p>Sweet Potatoes</p> <p>whole wheat pasta,</p> <p>whole wheat bread,</p> <p>Bulgar...</p>
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## PROTEIN



## NON-STARCHY CARBOHYDRATES



## PROTEIN SMOOTHIE



PROTEIN	NON-STARCHY CARB	PROTEIN SMOOTHIE	
<p>Chicken Breast            Chicken Wings            Duck            Turkey            Lamb            Lean Grass feed Beef            Salmon            Lean meat            Fresh Cod            Fish            Shrimp            Soy            Quinoa            Fish</p>	<p>Broccoli,            cauliflower,            Lettuce,            Onions,            Tomatoes,            Asparagus,            Fruits</p>	<p><b>Protein Power of your choice</b>  <b>Here is my suggestion</b></p> <p>*Orgain Organic Vegan Protein Powder.</p> <p>*Sunwarrior Vegan Organic Protein Powder Plant-Based   BCAA Amino Acids Hemp Seed Soy Free Dairy Free Gluten Free Synthetic Free Non-GMO   Warrior Blend</p> <p>*Amazing Grass Greens Blend Superfood: Super Greens Powder Smoothie Mix for Boost Energy</p> <p>*Vibrant Health, Maximum Vibrance, Complete Vegan Meal Shake with Plant-Based Protein</p> <p>*Vegan Collagen Protein Powder Plant-based</p> <p>Use 8 oz of Almond Milk, water, or plant-based milk or milk of your choice. No whole milk. Whole milk is loaded with trans fat.</p> <p>Add 1 cup of a mixture of fruit of your choice. E.g., Blueberries, Strawberries, including 1/2 Banana and Spinach</p>	<p><i>Optional:</i> Add 1/4 teaspoon of Peanut butter or any butter of your choice. Optional Add Grounded Flax or Chia seed for added fiber And a delicious taste.</p> <p>Berry Splash Smoothie            1 cup mixture of Strawberries and Blueberries            1/2 Banana            8 oz Almond Milk or milk of your choice.</p> <p>Berry Oats Smoothie            1/4 cup Oats            Peanut Butter or butter of your choice (optional)            Add spices to taste</p>



## HEALTHLY / UNSATURATED FAT



## OMEGA 3 FATTY ACID SOURCE



## TRANS FAT



## EGG OMELET



### HEALTHLY / UNSATURATED FAT

Avocado,  
avocado oil,  
Olive Oil,  
Canola oil  
Nuts,  
Salmon,  
Cod,  
omega-3  
and omega-6

### OMEGA 3 FATTY ACID SOURCE

Alga  
Broccoli  
Spinach  
Brussels sprouts  
Salmon  
Mackerel  
Tuna  
Herring  
Sardines  
Nuts  
Seeds e.g.  
flaxseed, chia seeds, and walnuts

### TRANS FAT

Donuts  
Margarine  
Fast food  
French Fries  
Chips  
Cookies  
Crackers

***Refined sugar, sodium,  
and trans fat are our  
worst enemies for fat  
loss and can lead to  
serious health issues***

### EGG OMELET

Use canola or Olive Oil  
cooking spray for omelet.



## Vegetable Calories and Macronutrients

Vegetable	Serving	Calories	Kilojoules	Carbs (g)	Protein (g)	Fat (g)
<b>Asparagus</b>	raw, 4 medium spears, 2oz	11	48	2.2	1.3	0.1
<b>Beans, Kidney</b>	boiled, 1/2 cup, 3oz	108	451	19.4	7.2	0.4
<b>Broccoli</b>	1 cup chopped, 3oz	35	146	5.6	2.4	0.3
<b>Cabbage</b>	1 cup shredded, 5oz	41	172	9.8	2.1	0.1
<b>Carrots</b>	1 cup chopped	52	219	12.3	1.3	0.3
<b>Cauliflower</b>	1 cup chopped, 3.5oz	23	95	4.1	1.8	0.4
<b>Celery</b>	1 cup chopped, 3.5oz	14	58	3.6	0.7	0.2
<b>Corn (kernels)</b>	1/2 cup kernels, 3.5oz	80	336	18.4	2.6	1
<b>Corn on cob</b>	1 large ear, 5.5oz	140	588	33.3	4.7	1.1
<b>Cucumber</b>	1/2 cup slices (with skin), 2oz	7	28	1.3	0.3	0.1
<b>Lentils</b>	1/2 cup boiled, 3.5oz	115	480	19.9	8.9	0.4
<b>Lettuce (iceberg)</b>	1 cup shredded, 1.9oz	8	35	1.7	0.5	0.1
<b>Mushrooms</b>	1/2 cup pieces, 2.5oz	20	83	3.8	1.4	0.4
<b>Onion</b>	1/2 cup chopped, 3oz	36	150	8.6	0.8	0.1
<b>Peas</b>	1/4 cup, 1.5oz	36	151	6.7	2.3	0.1
<b>Peppers (bell or sweet)</b>	1 cup sliced, 3.2oz	18	77	4.2	0.8	0.2
<b>Potatoes</b>	1 potato, baked with skin, 7oz	255	1065	58.1	7.0	0.4
<b>Pumpkin</b>	1/2 cup mashed, 4oz	23	95	5.6	0.8	0.1
<b>Spinach</b>	1/2 cup, 3oz	20	82	3.2	2.6	0.3
<b>Sweet potato</b>	1 cup, baked, with skin, 7oz	180	752	41.4	4.0	0.4
<b>Tomato</b>	1 tomato, raw, 2.2oz	11	47	2.4	0.6	0.1



## Vegetable Calories and Macronutrients

Serving	Calories	Carb (g)	Protein (g)	Total Fat (g)	Sat. Fat (g)
Brussels sprouts, cooked, boiled, drained, with salt <u>0.5 cup</u>	32	6.8	2	0.4	0.1
Brussels sprouts, cooked, boiled, drained, without salt <u>0.5 cup</u>	28	5.5	2	0.4	0.1
Chayote, fruit, cooked, boiled, drained, with salt <u>1 cup</u>	38	8.1	1	0.8	0.1
Chayote, fruit, cooked, boiled, drained, without salt <u>1 cup</u>	38	8.1	1	0.8	0.1





## Fruit Calories and Macronutrients

Fruit	Serving	Calories	Carbs (g)	Protein (g)	Fat (g)
<b>Apple</b>	raw, with skin, 100g = 1 small	52 (218 kj)	13.8	0.3	0.2
<b>Apricot</b>	raw, with skin, 100g = 3 apricots	48 (201 kj)	11.1	1.0	0.4
<b>Avocado</b>	raw, no skin, 100g	160 (670 kj)	8.5	2.0	14.7
<b>Banana</b>	1 medium	94 (393 kj)	21.7	1.1	0.3
<b>Boysenberries</b>	raw, 1 cup	75 (312 kj)	18.4	1.0	0.6
<b>Blueberries</b>	raw, 1 cup	81 (339 kj)	20.5	1.7	0.6
<b>Dates</b>	1 cup, pitted, chopped	490 (2047 kj)	130.8	3.6	0.7
<b>Grapefruit</b>	1 medium	82 (343 kj)	20.5	1.5	0.3
<b>Grapes</b>	1 cup, seedless, red or green	114 (475 kj)	28.3	1.0	1.0
<b>Kiwi fruit</b>	1 medium, 2.7oz, no skin	46 (194 kj)	11.2	0.8	0.3
<b>Lemon</b>	1 medium, 2oz	17 (70 kj)	5.4	0.6	0.2
<b>Melon</b>	Cantaloupe, 1 medium, 2.4oz	24 (101 kj)	5.7	0.6	0.2
<b>Nectarine</b>	1 medium	67 (279 kj)	15.9	1.2	0.5
<b>Oranges</b>	1 large, 6.5oz	86 (361 kj)	21.5	1.7	0.2
<b>Peaches</b>	1 medium, 3.5oz	42 (176 kj)	10.8	0.7	0.0
<b>Pear</b>	1 medium, 5.8oz	98 (410 kj)	25.1	0.7	0.7
<b>Pineapple</b>	1 cup, diced, 5.5oz	76 (318 kj)	19.2	0.6	0.6
<b>Plums</b>	1 medium, 2.3oz	36 (152 kj)	8.6	0.5	0.4
<b>Raspberries</b>	1 cup, 4.3oz	60 (252 kj)	14.1	1.2	0.6
<b>Strawberries</b>	1 cup, halves, 5.4oz	46 (190 kj)	10.6	0.9	0.5
<b>Watermelon</b>	1 wedge, 10oz	92 (383 kj)	20.6	1.7	1.1