

Getting Started

Three steps to find your Daily Calorie Goal

Step 1: Calorie Baseline

The minimum number of calories your body needs each day without factoring in any activity.

Woman:

$$\underline{\hspace{2cm}} \quad \times \quad 10 = \underline{\hspace{2cm}}$$

Weight Calorie Baseline

Man:

$$\underline{\hspace{2cm}} \quad \times \quad 11 = \underline{\hspace{2cm}}$$

Weight Calorie Baseline

For more detailed info you can visit the site

http://www.freedieting.com/tools/calorie_calculator.htm

Step 2: Factor in your Activity Level

If you are active you burn more calories. You need more than the baseline of calories to stick to and maintain a healthy diet.

What's Your Activity Level?

Most of the Day My Activity Includes:	Level Is	Activity Factor
No exercise, just daily routines	Very Light	0.2
Light housework, playing golf, light exercise	Light	0.3
Heavy housework, gardening, bicycling, tennis, dancing, not a lot of sitting throughout the day	Moderate	0.4
Heavy manual labor such as lifting at a job, digging, sports such as basketball, working out more than 90 minutes a day	Heavy	0.5

Once you've determined your Activity Level, calculate below:

$$\underline{\hspace{2cm}} \quad \times \quad \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$$

Calorie Baseline (from page 1) Activity Factor Activity Calories

Example:

Your Calorie Baseline is $1200 \times \text{Moderate Activity } (.3) = 480 \text{ Calories}$

Take the 480 calories and add it to your calorie baseline to get a total of 1680 calories to get your Daily Calorie Goal.

IMPORTANT:

Round up to 1200 if Daily Caloric Goal is less than this and...

Round down to 2800 if your Daily Calorie Goal is more than that.

Now that you've determined your Daily Calorie Goal select the meal plan below that's right for you. Find your Daily Calorie Goal range on the chart below then follow along to see the number of each color container you should eat per day.

TIP: It is beneficial to buy multiple sets of containers when you are to eat more of each container.

	Green	Purple	Red	Yellow	Blue	Orange	
Daily Caloric Goal	Veggies	Protein	Fruits	Seeds & Dressing	Healthy Fats	Carbs	TBSP
1200 to 1499	3	2	4	2	1	1	2
1500 to 1799	4	3	4	3	1	1	4
1800 to 2099	5	3	5	4	1	1	5
2100 to 2299	6	4	6	4	1	1	6
2300 to 2499	7	5	6	5	1	1	7
2500 to 2800	8	5	7	5	1	1	8

Use any of the foods in the food reference guide to fill your containers and measure meals, and then prepare food as you normally would. You can combine food from various containers onto one plate. You do not need to eat each container individually.

Food Reference Guide

FRUITS: Red Container	VEGGIES: Green Container	PROTEINS: Purple Container
Apple	Artichokes	Chicken or Turkey (Skinless and Boneless)
Apricot	Arugula	Clams, canned, drained
Blueberries	Asparagus	Cottage or Ricotta Cheese - Light or 2% or less
Blackberries	Beets	Eggs or Egg Whites
Banana	Broccoli or Broccoli	Fish Cold Water - Wild Caught Cod, Salmon, Halibut, Tuna - Cooked
Cantaloupe	Brussel Sprouts	Fish Fresh Water- Catfish, Tilapia, Trout - Cooked
Cranberries	Cabbage	Game: Buffalo, Bison, Ostrich, Venison - cooked
Cucumber	Carrots	Greek Yogurt, Plain 2% or less
Guava	Cauliflower	Ground Chicken or Turkey (at least 93% Lean), cooked
Grapefruit	Celery	Ground Red Meat - at least 95%, Lean - cooked
Grapes	Collard	Ham Slices - low sodium and fat free (about 5pcs)
Honeydew Melon	Daikon	Pork tenderloin, cooked
Kiwi	Eggplant	Protein Powder
Lemon	Endive	Sardines
Lime	Jicama	Shellfish (shrimp, crab, lobster), cooked
Mango	Kale	Tempeh
Nectarine	Lettuce (not Iceberg)	Tofu
Orange	Mushrooms	Tuna, canned light in water, drained
Pineapple	Okra	Turkey Bacon (reduced fat) approx. 4 pcs.
Papaya	Onions	Turkey Slices - low sodium and fat free (about 5pcs)
Pomegranate	Peppers	Veggie Burger
Pear	Radicchio	
Plum	Radishes	
Peach	Rapini	
Raspberries	Snow Peas	
Strawberries	Spinach	
Tangerine	Sprouts	
Watermelon	Squash	
	String Beans	
	Tomatoes	
	Turnip Greens	

CARBS: Orange Container	Healthy Fats: Blue Container	Seeds & Dressing: Yellow Containers
Bagel, Whole Grain - Small	Avocado	Raw Seed
Beans - All Kinds	Coconut Milked Canned	Raw Nuts
Bread - Whole Grain	Hummus	Olives
Buckwheat Cooked	Raw Nuts	Flax Seed
Cereal - Whole Grain	CHEESES:	
Corn	Cheddar - shredded	
Millet Cooked	Feta - crumbled	
Oatmeal, steel-cut or rolled cooked	Goat - crumbled	
Pancakes - Whole Grain - 1 medium	Monterey Jack - shredded	
Quinoa, Cooked	Mozzarella skim - shredded	
Sweet Potato	Parmesan - shredded	
Tortilla - Corn (2 small)	Provolone - shredded	
Tortilla - Whole Wheat 1 Medium		
Waffles - Whole Grain - 1 medium		
Yams		

FREE FOODS	TABLESPOON
<i>Eat as much as you want</i>	Almond Butter
Flavor Extracts: Pure Vanilla, Peppermint Almond, etc...	Cashew Butter
Fresh and Dry Herbs	Extra Virgin Coconut Oil
Garlic	Extra Virgin Olive Oil
Ginger	Flaxseed Oil
Hot Sauce	Peanut Butter
Lemon Juice	Pumpkin Butter
Lime Juice	Pumpkin Seed Oil
Mustard	Sunflower Butter
Spices	Tahini (Sesame Butter)
Vinegar	Walnut Oil
Water or Infused Water	