



**International Fitness Diplomats**  
 EAT WHAT YOU NEED NOT WHAT YOU WANT

**Food For Fuel**  
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**Weight Loss/Tone-up Basic Daily Diet**

<b>Breakfast</b>	<p>Yogurt, oatmeal, high fiber cereal          (low sodium under 300mg)          Toast(wheat bread/bagel), Cottage Cheese</p> <p style="text-align: center;"><i>Fruits</i></p> <p>Water/non-concentrated juices          Boiled Eggs(egg whites throw away the yokes)</p>
<b>Lunch</b>	<p>Salad with chicken/tuna/turkey          Turkey Sandwich on whole wheat bread with Mustard          Fruits(Apples,Bananas,pineapples)          Soups(low sodium if possible) Bean/vegetable          Water          Frozen yogurt</p>
<b>Dinner</b>	<p>Baked Potato          Frozen yogurt          Brown rice/not white rice          Chicken/Fish(not fried)          Vegetables- Dark Green (spinach, kale, mustard, collard) broccoli</p> <p style="text-align: center;"><i>Heavy in Iron/Potassium</i></p> <p>Soup(low-sodium if possible under 500 mg)          Water</p>
<b>Snacks</b>	<p>Granola Bars, Fruit bars, popcorn (no butter/salt)          Any Fruit          Cashews, walnuts, almonds          Yogurt (with or without fruit)</p>

