



Sample Healthy Eating Plan

This sample plan is based on meals I prepared to help my mother and I lose weight.

Watch this video "[Lose Weight at Any Age](#)" for more.

Sample Weekly Meal Plan

Day	Breakfast	Lunch	Dinner	Dessert
Sun	Eggs & Fruit*	Cocoa Peanut Butter Shake*	Beef Kabobs*, Sauteed Peppers and Onions	
Mon	Strawberry Smoothie*	Salad	Pork Chops, Applesauce*	
Tue	Eggs & Fruit*	Leftover Beef Kabob and Side*	Tex-Mex Chicken and Brown Rice**	Tofu Chocolate Pudding*
Wed	Strawberry Smoothie*	Salad	Steak, Cauliflower	
Thur	Eggs & Fruit*	Cocoa Peanut Butter Shake*	Leftover Chicken and Brown Rice**	
Fri	Strawberry Smoothie*	Salad	Burgers, Barley and Salad*	Tofu Chocolate Pudding*
Sat	Eggs & Fruit*	Leftover Chicken & Brown Rice**	Barbecued Dry-Rub Chicken, Oven Roasted Broccoli**	

* Recipes from The Formula cookbook which you can order [here](#)

** Recipes from America's Test Kitchen and/or Cook's Country. Try googling them.

Sample Grocery List

Proteins	Fruits/Veggies	Other
☐ Eggs ☐ 1% Milk ☐ Lite Sour Cream ☐ Greek Yogurt ☐ Silken Tofu ☐ Chicken Breast ☐ Boneless Chicken Thighs ☐ Pork Loin Chop ☐ Beef Tenderloin	☐ Frozen Strawberries ☐ Salad Greens ☐ Cucumbers ☐ Tomatoes ☐ Red Cabbage ☐ Red Bell Pepper ☐ 2 Ears Corn ☐ Jalapeno ☐ Broccoli ☐ Apples ☐ Almonds ☐ Onion ☐ Cauliflower	☐ Salad Dressing (Zero or Low Calorie) ☐ Lite Miracle Whip ☐ Chicken Broth ☐ Cocoa Powder ☐ Fructose ☐ Peanut Butter (Natural) ☐ Bread (Whole Grain) ☐ Almond Milk ☐ Applesauce (unsweetened)



Keys to Success:

- 🔑 Only Lite versions of dairy, condiments and dressings
- 🔑 Outta sight, outta mind!
- 🔑 Diet + Exercise
- 🔑 Eat Zoned meals
- 🔑 Choose Low Glycemic Index foods
- 🔑 Have realistic expectations. We're not all meant to be skinny, but we can all improve our overall fitness and work toward a healthier weigh

Recipes from The Formula cookbook

It is not allowed to share the complete, copyrighted recipes. Below are images of some healthy recipes including our favorite Strawberry Smoothie, but you should really buy the book *The Formula* to understand the correct portion size and for hundreds of other great zoned recipes. You can find links to buy *The Formula* cookbook and some of the harder to find ingredients on my Amazon Affiliates page [here](#).

KIDS' FAVORITE	
Strawberry Smoothie	
Strawberries, fresh or frozen	1 cup
Water, cold	½ cup
Pure whey protein powder	13 grams
Granulated fructose	2 tsp.
Almonds, sliced	1⅓ tbsp.

KIDS' FAVORITE	
Cocoa Peanut Butter Shake	
Milk, 1% lowfat	½ cup
Cocoa powder, unsweetened	1½ tbsp.
Granulated fructose	1½ tbsp.
Peanut butter, natural	1 tbsp.
Pure whey protein powder	13 grams
Ice cubes	⅔ cup

KIDS' FAVORITE	
Eggs and Fruit	
Eggs, whole	1
Eggs, whites only	2
Orange, medium	½
Apple, medium	½

Right: Strawberry Smoothie

Below: Sunday Dinner: Beef Kabobs, Peppers And Onions



Recipes from America's Test Kitchen

The following images show several recipes from **America's Test Kitchen** or Cook's Country.

Unfortunately, their cookbooks keep changing, but you can often find their recipes by googling the recipe name plus "America's Test Kitchen." The ingredient lists are shared here so you can get an idea of the types of recipes that will work. Feel free to substitute similarly zoned recipes from your personal favorites and please email me any zoned recipes you love.

Barbecued Dry-Rubbed Chicken

SERVES 4

If using kosher chicken, do not brine it. If brining the chicken, omit the salt in step 1.

- 3 tablespoons packed dark brown sugar
- 2 teaspoons chili powder
- 2 teaspoons paprika
- 1½ teaspoons pepper
- 1 teaspoon dry mustard
- 1 teaspoon onion powder
- 1 teaspoon salt (not if brined)
- ¼ teaspoon cayenne pepper
- 1 tablespoon canola oil
- 4 (10-ounce) bone-in split chicken breasts, skin removed, ribs trimmed, meat trimmed of all visible fat, halved crosswise, and brined if desired



"No cookie tastes as good as it feels to maintain a healthy weight"

Tex-Mex Chicken and Brown Rice

SERVES 4

We prefer to use fresh corn in this dish, but if it's not available, you can substitute 1½ cups of thawed frozen corn. Do not use white rice in place of the brown rice here. To make this dish spicier, reserve and add the jalapeño seeds. Serve with sliced avocado, if desired.

- 8 garlic cloves, minced
- 2 teaspoons chili powder
- ½ teaspoon hot sauce
- Salt and pepper
- 1 pound boneless, skinless chicken thighs, trimmed of all visible fat
- 1 onion, chopped fine
- 1 red bell pepper, stemmed, seeded, and chopped
- 2 ears corn, kernels cut from cobs
- 2 jalapeño chiles, stemmed, seeded, and minced
- 1 teaspoon canola oil
- 1 cup long-grain brown rice, rinsed
- 1¼ cups chicken broth
- 4 scallions, sliced thin
- 1 tablespoon lime juice

Monday Dinner: Pork chops, Applesauce, Strawberries, and a Salad

Your Weekly Meal Plan

Day	Breakfast	Lunch	Dinner	Dessert
Sun				
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				

My version of the K.I.S.S. principle:

**Keep It Simple
to Succeed!  TM**

More resources and information

Website: HipVlog.org

YouTube: [@PetesHipVlog](https://www.youtube.com/@PetesHipVlog)

Facebook: [Hip Replacement Support](https://www.facebook.com/HipReplacementSupport)

Instagram: [HipReplacementVlog](https://www.instagram.com/HipReplacementVlog)

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This is not a substitute for professional medical
advice, diagnosis, treatment, or care.
Please seek info from your doctor.