



## Emergency tips for LOOKING YOUR BEST this summer

Summer is almost here! And this year, I'm gonna skip the beach! NOT! Hey, have you been working on your summer body? I have. But in case you've forgotten that in less than a month you'll be ripping your shirts off (gentlemen) and wishing you looked better in your bathing suits (ladies), don't despair.

I'll share with you some emergency tips for looking your best this summer. Of course, if you haven't started yet, don't expect miracles; I'm not that kind of a doctor. However, even though you may not drop 50 pounds in one month, you can still look and feel better than you are today.

If you're ready to commit, here's my one-month emergency weekly nutrition plan:

### Week One

In my book, *Simply DELicious*, I talk about making small weekly changes that in the course of a year can lead to a huge transformation. I'm going to piggyback off that same idea for our emergency one-month meal plan. Here's how it works:

Follow this meal plan every other day (Monday/Wednesday/Friday OR Tuesday/Thursday/Saturday)

- Eat four to six healthy small meals on these days
- Have a serving of protein, complex carbohydrates and healthy fats from the list at each meal.
- Have at least two to three servings of vegetables at two or more of your meals.
- Eat three to five servings of fruit throughout the day.
- Drink 10-16 glasses of water daily.
- Supplement daily with fish oil or flax seeds and a fruit and vegetable capsule (like Juice Plus).
- Do at least 30-60 minutes of moderate to intense physical activity on these days. Go for a walk, run, hike, bike, lift weights, rollerblade, do something, no

more excuses.

- On your other days, just enjoy yourself. Do what you normally do. Just don't try to make up for what you didn't eat on your healthy meal days.

## WHAT IS A SERVING?

### Best Sources of Complex Carbohydrates:

- 1 slice whole grain bread
- 1/2 cup uncooked oatmeal (old fashioned, rolled oats)
- 1 cup cooked brown/wild rice
- 1 cup cooked beans, lentils
- 1 cup green peas
- 1 small baked potato
- 1 small baked yam
- 1 cup vegetable soup (homemade or store "fresh")
- 1 cup corn
- 1 cup chopped squash
- 1 cup plain yogurt
- 1 cup soymilk
- 1 cup barley, bulgur

### Best Sources of Lean Protein:

- 3-6 oz cooked lean meat
- 3-6 oz fish
- 3-6 oz chicken breast
- 3-6 oz turkey breast
- 3-6 oz lean ground turkey
- 3-6 oz lean beef (round or sirloin)
- 3-6 oz veal
- 2-5 egg whites and 1 whole egg
- 1 can tuna (in water)
- 3-6 oz tofu

- 3-6 oz tempeh
- 1 cup nonfat cottage cheese
- 1 can sardines (in water or olive oil)
- 3-6 oz wild game - rabbit, venison, pheasant
- 3-6 oz buffalo

### Healthy Fats & Oils

- 1 oz raw unsalted nuts
- almonds
- brazil nuts
- cashews
- hazel nuts
- pine nuts
- walnuts
- pecans
- macadamia nuts
- peanuts
- 1 tsp. peanut/almond butter
- 1 tbsp. extra virgin olive/canola oil
- 1 tbsp. flaxseed oil
- 1 tbsp. ground flaxseeds
- 1/4 medium avocado

### Vegetables

- 1/2 cup cooked or 1 cup raw
- Eat a variety of vegetables of different colors.

### Fruits

- 1 medium size fruit or 1 cup chopped fruit
- Eat a variety of fruits of different colors.

### Week Two

Add one more day of healthy eating and 30-60 minutes of physical activity for a total of four days.

### Week Three

Add another day of healthy eating and exercise for a total of five days.

### Week Four

- Add another day of healthy eating and exercise for a total of six days.
- Follow the meal plan for your morning meal. The rest of the day, choose fibrous vegetables as your only source of complex carbohydrate.
- Increase your cardiovascular activity to at least 60 minutes each day.

By the end of the four weeks you'll not only feel healthier and fitter, you'll also see the change in your body. Well, there you have it. And my hope for you is that when you've completed this four-week jumpstart plan, you'll like the way you feel and won't miss the junk food. So why not continue your new habit and make it a lifestyle?

After all, summer is the perfect time to simplify your eating habits and enjoy the great outdoors. Who knows, by the end of the summer you may just be exactly where you want to be. For those of you who are interested, you can log on to my web site, [delmillers.com](http://delmillers.com), and request a free copy of my educational DVD, *The Fitness Effect*. See you on the beach this summer and you can bet that I'll have my shirt off. <<

— Del Millers is a fitness and nutrition consultant and author of three books. Visit his web site at [delmillers.com](http://delmillers.com) or send any of your nutrition questions to [del@delmillers.com](mailto:del@delmillers.com)