



KELLY WORTHINGTON'S BODY SHAPE DIET

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## Introduction

This diet is built around one day and split into six meals. The basic diet is what you are required to eat every day. The key to this diet is you have the ability to swap any food item with an alternative from the replacement list.

This diet is designed to increase your metabolism and stabilize your eating habits with a balanced but healthy food range.

## Foods we are going to be avoiding

Butter, dips and salad dressings

All fast food restaurants and take away stores

Hydrogenated oils – margarine/baked goods/coffee creamers

Avoid shallow and deep fat frying

Saturated and trans fats – this means anything processed muffins/pies/cakes

Sauces with a high sodium and sugar content

High fat content foods like Ice cream, cheese, potato chips

Candy, chocolate and desserts

Eating any of these foods will set you back a number of days, once you are in shape you can treat yourself sparingly but 95% of the time you need to avoid these at all costs.

## Beverages we are going to be avoiding

No alcohol and soda (even diet)

No fruit juices

No energy drinks

What we drink is nearly as important as what we eat, mainly because most of it contains a huge amount of sugar. In the future you will be able to drink any of the above beverages (sparingly). Right now you need to focus on keeping your diet in check if you want to see results.

# The Basic Diet

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## Breakfast 1 – as soon as you wake up with in (30 minutes)

- 1 Scoop protein powder
- 1 large piece of fruit
- 1 cup of oatmeal or starch

## Breakfast 2 – 30 to 60 minutes after breakfast 1

- 4 egg whites
- 1 whole egg
- 1 tbsp olive oil
- Vegetables

## Lunch

- 1 portion of meat/fish 6oz
- 1 portion of Starch
- Vegetables

## Afternoon Snack

- 1 scoop protein powder
- 1 can of tuna or chicken
- 1 tbsp light mayo
- 1 sliced salad e.g. cucumber/tomatoes/peppers for sandwich
- 2 slices of whole wheat bread

## Dinner

- 1 portion of meat/fish 8oz
- 1 portion of starch
- 2 cups of salad
- 1 tbsp olive oil (to cook with)
- 1 tbsp vinegar – low fat dressing (dress salad)

## Before Bed Snack

- 1 tbsp peanut butter
- 1 protein shake

# Replacement Food List

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You can replace any food items in the diet with the following:

## Meat/Fish/Protein

Bison  
Chicken breast  
Chicken thighs  
Crab  
Cobia  
Cod  
Deli turkey breast (lean)  
Deli ham (lean)  
Deli roast beef (lean)  
Game  
Ground turkey (lean)  
Ground beef (lean)  
Grouper  
Flank steak  
Flounder  
Halibut  
Tri-tip steak  
Pork tenderloin  
Red snapper  
Salmon  
Scallops  
Shellfish  
Shrimp  
Swordfish  
Sole  
Tilapia  
Tofu  
Trout  
Tuna  
Turkey breast

## Whole Grains

Brown rice  
Ezekiel bread  
Rye bread  
Sourdough bread  
Whole-wheat English muffin  
Whole-wheat pita bread  
Whole-wheat bagel  
Whole-wheat tortilla  
Whole-wheat pasta  
Whole-wheat crackers  
Whole-grain cold cereal  
Whole-wheat waffle  
Sweet potato or yam  
Quinoa

## Fruit

Apple (any type)  
Banana  
Blackberries  
Blueberries  
Cantaloupe melon  
Cherries  
Dates  
Figs  
Grapes (any color)  
Grapefruit  
Honeydew melon  
Kiwifruit  
Mango  
Papaya  
Passion fruit  
Peach  
Pear  
Orange  
Raspberries  
Strawberries  
Tangerine  
Water melon

## Vegetables

Asparagus  
Bamboo shoots  
Beat greens  
Beets  
Bell peppers  
Bok choy  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Celery  
Chard  
Cauliflower  
Collard greens  
Eggplant  
Green beans  
Kale  
Kohlrabi  
Leeks  
Lemon grass  
Lettuce (any type)  
Mixed vegetables  
Mustard greens  
Onion (white or red)  
Parsnips  
Radishes  
Rhubarb  
Soybean  
Spinach  
Squash  
Sweet potatoes  
Turnip  
Zucchini

## Salads

Avocado  
Breadfruit  
Cucumbers  
Eggplant  
Okra  
Peppers (any type)  
Pumpkin  
Tomatoes (any type)

## Egg replacement

**If you can't stand eating egg's or you have become tired of eating egg's every day try these two replacements.**

2 scoops egg protein  
2 scoops whey protein

## Drinks

**You can drink as much as you like from the list below, I personally try to limit tea and coffee to 3 cups a day.**

**Don't add anything like cream or sugar to the tea or coffee.**

**Try to drink water every two hours throughout the day.**

Black coffee  
Black tea  
Water