



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

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

- 1 large piece of fruit
- 1 cup of oatmeal

Breakfast 2 – 30 to 60 minutes after breakfast 1

- 1 whole egg
- 1 cup mixed vegetables
- Extra virgin olive oil spray

Lunch

- 1 portion of meat/fish 6oz
- 1 portion of Starch
- 1 cup mixed vegetables

Afternoon Snack

- 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 6oz
- 1 cup of salad
- Extra virgin olive oil spray (to cook with)
- 1 tbsp vinegar – low fat dressing (dress salad)

Before Bed Snack

- 1 tbsp peanut butter

We are aiming for 1400 to 1500 calories total each day

Replacement Food List

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
Flounder
Halibut
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)

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