



**Denise Austin's**



**Stop  
The  
Clock**



# **Nutrition Plan**

*Nutrition Essentials For Staying  
Fit And Fabulous After 40*



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# Disclaimer

As with any new nutritional activity, it is important that before beginning any nutrition regimen, to consult with your healthcare professional to ensure that you are aware of your current health and any restrictions that are appropriate for you. You should immediately seek medical attention if there are any unanticipated changes to your physical condition at any time.

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2. women who are breastfeeding;
3. persons with any ongoing physical condition proscribing exercise or physical activity;
4. persons suffering from cancer or other long-term illness;

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5. persons with liver disease, kidney disease, or renal failure;
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7. persons with diabetes, blood pressure or cholesterol issues;
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# About Denise





# About Denise

After 35 years of being a health and fitness instructor, I have seen my share of health and nutrition trends come and go. Decades ago I started a morning workout show on a local Los Angeles television station. Since then, I have grown my brand online with a website and an online workout and nutrition plan called LifeFit 360, sold more than 25 million exercise videos and DVDs, authored 12 books on health and fitness, and starred in the longest running fitness show in the history of television!

Today, I like to focus my positive outlook and can-do attitude as a means to be an inspirational force and trusted resource for women who aspire to live an active, healthy, full lifestyle at any age.

As I've grown older, I have come to understand that healthy nutrition is vital to healthy aging. This guide is one way for me to bring to you the nutritional ideas, instruction, and inspiration to live a healthy and happy life, which can lead to a lifetime of wellness from head to toe, inside and out.

So let's embark on this journey together, to promote health and well-being from within by eating a healthy, nutritious diet!

# Denise Austin's Stop The Clock Nutrition Plan

I'll let you in on a secret: I adore food. In fact, I looove food. I just don't abuse it! My mom was a terrific cook, and my sisters, brother and I grew up surrounded by the smells of a warm kitchen. Our family celebrations centered on food: family recipes from my grandmother and special dishes based on what was fresh and seasonal. Even now, when I get together with my family on vacation, our liveliest debates are based on what to eat for dinner!

Of course, I've had to modify my calorie intake over the years to match the natural slowing of my metabolism, but I've never deprived myself of the foods I love. I've just learned to eat differently: smaller portions, more frequent meals, minimizing unhealthy foods and loading up on the healthy ones!



I WANT YOU TO EAT... BUT  
I WANT YOU TO EAT WELL!

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All these little changes can really add up – they can help keep your metabolism revved up and running around the clock, can help lower the risk for some diseases, and not only help to slow the aging process, but even undo damage done over the years!

My Stop The Clock Nutrition Plan will cover a lot of the ways that I eat, and suggestions on how you can eat better, too! The goal of this e-book is to help you develop positive eating habits that will last a lifetime. I want you to set small, short-term goals. These will serve as stepping stones to your ultimate, long-term goals of healthy eating no matter what your age, no matter where you are in life.

Nutrition is vital to an overall healthy aging strategy, and my Stop The Clock Nutrition Plan focuses on implementing an eating plan into your lifestyle, to help you:

- “Stop the Clock,” through healthy food choices
- Lose those stubborn extra pounds... and NOT regain them
- Develop and stick with an eating plan that will help to promote a healthy heart, brain and bones
- Make eating healthy second nature, through shopping and cooking tips, healthy food swaps, kitchen makeover suggestions and more.

Change is good, but change can take time. So stay committed and your efforts will pay off, I promise. And don't forget - we're all unique, and what works for me may not work for you, so adapt as you need to. Every little bit of effort is better than no effort at all! And above all, take heart. We are a generation of smart, accomplished women. This is not about thinness - it's about nutrition and well-being.

*Denise Austin*

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# Plan Overview





# Overview

After more than 35 years as a health and fitness professional, I have learned the secrets of staying young and vital. That's why I'm sharing this guide with you: I believe looking young, staying fit and feeling fabulous into your 40s - and well after - is something everyone can achieve!

The information in this guide can help you cover your nutritional requirements, provide you with a foundation of nutritional knowledge, and help you understand how to implement healthy nutrition choices into your lifestyle. The goal is to arm you with the information you need so you can make the best choices for your health. Once you implement these healthy food suggestions, you will be glowing from within, bursting with energy and looking and feeling great!





# Overview

## In This Plan You Will Find:

**INFORMATION ON FOODS THAT CAN HELP - AND HINDER - THE AGING PROCESS**

**HEALTHY SHOPPING, EATING AND COOKING SUGGESTIONS**

**INSIGHT ON HEALTHY AND NOT-SO-HEALTHY FOODS, AND HOW TO IMPLEMENT SIMPLE AND EFFECTIVE DIETARY CHANGES**

**A 7-DAY MEAL PLAN, INCLUDING 3 MEALS AND 2 SNACKS PER DAY**

**RECIPES TO KEEP YOUR TASTE BUDS SATISFIED WHILE PROVIDING YOU WITH THE NUTRIENTS YOUR BODY NEEDS**

**A 28-DAY FOOD CHALLENGE, SO SHORT-TERM CHANGES BECOME LONG-TERM HABITS!**



# Overview

And if you need some motivation, I have that covered too! Figuring out how to eat for maximum health and staying power can be a learning process. This guide will give you the smart food choices to help keep your body healthy and trim for years to come... just imagine what strong bones, healthy hearts and gorgeous complexions we'll all have as we age!

You will also learn how foods can have an impact on health problems such as osteoporosis, heart and brain health; how what you eat can help to slow the signs of aging; and suggestions on foods to promote a better metabolism and energy levels.

Think of this plan as a blueprint for healthy eating after 40. Filled with healthy, delicious foods that will leave you satisfied, feeling good and looking great! Because it all starts from within, doesn't it?!

You can take it one step further and combine my Stop The Clock Nutrition Plan with my [Stop The Clock Workout Plan, available on DeniseAustin.com](#). Complete whole body wellness!

So let's slow down the aging process by choosing foods that are right for our over-40 bodies. Whether you want to lose weight, boost your energy, or eat for health, I've got you covered.

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# Fuel For Life





# Fuel For Life

## F.U.E.L. For Life

A healthy diet is important at any age, but it's especially crucial as we get older. All those years of eating the wrong foods and dieting can easily catch up... some of the signs are visible: Teeth that aren't as strong, hair and skin that feel dry, an expanding waistline. Others are less obvious: Our bones are getting weaker, our immune system is suffering and our arteries are lined with fatty plaque.

As you know, food can have a powerful effect on how you look and feel, as well as how your body ages. If you haven't already, it's time for you to stop committing nutritional no-nos like yo-yo dieting and filling up on sweets. To help you do that, let's look at a new way to think about eating. I call it F.U.E.L. - Food U Need for Energy and Life.

The goal of F.U.E.L. is to keep your system fired up with nutrients that will help fend off illness and keep you energized and looking and feeling your best!

By seeing food as a form of energy and sustenance, it's much easier to eat in a way that will keep your body in top shape. While your midlife taste buds may crave fries and a milkshake (oh, those hormones!), you'll feel and perform better after eating a lean protein and a salad of dark, leafy greens. When you're well nourished, it's also easier to maintain a healthy weight because you feel satisfied and won't be as tempted to fill up with empty calories.



# Fuel For Life

DON'T FORGET THAT HOW YOU EAT IS AS IMPORTANT AS WHAT YOU EAT.

One way to keep your body F.U.E.L.ed is by feeding it small amounts throughout the day. If you do not do so already, aim to eat three small, balanced meals and two snacks daily, as I lay out on my 7-Day Meal Plan on [page 85](#). By not letting your body get too hungry, you can help prevent the spikes and dips in blood sugar that cause moodiness, lethargy and overeating. With F.U.E.L., I feel like I'm always eating. Keep in mind that this isn't a license to overeat - keep tabs on your portion sizes, and don't eat just for the sake of eating. Remember: You're eating for energy and vitality. Every bite counts!

It's also important to remember that food is more than fuel: It is a form of art, a cozy comfort, a symbol of love and a great excuse to get together with friends. So let's put enjoyment back into it! Slow down and enjoy each and every bite, indulge in the smells, the tastes, the textures and the colors of the food you're eating. Food is one of life's pleasures that should be practiced in moderation in order to fully enjoy it.

In summary: After 40, our food choices are crucial. This section will go over how to choose the healthiest foods possible, by arming you with insight into the types of foods you should be focusing on, how to eat the vitamins and minerals that your body needs to run smoothly, and a variety of healthy aging eating strategies to help keep you in top shape for years to come!





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## A Word On Weight

It's critical to maintain a healthy weight as you age - when you're overweight, even by just 10 or 15 pounds, you're at a much higher risk for heart attack, stroke, diabetes and other serious conditions. For every additional pound you carry, you put unnecessary strain on your back and knees, leaving you too uncomfortable and tired to walk up a flight of stairs or play with your children or grandkids. Despite the fact that so many people struggle with losing weight, there isn't any magic formula for doing it, except the tried and true: To shed excess pounds, you need to burn more calories than you consume. It's as simple as that. How many calories you should take in each day depends on factors like your body weight and how much you exercise.

To figure out approximately how many calories you need, you can use this simple equation: Multiply your weight by 13 if you exercise (or by 10 if you don't exercise). According to the equation, if you weigh 140 pounds and work out regularly, you'll need about 1,800 calories per day to maintain your weight. If you're trying to lose weight, you could drop down to 1,600 calories daily-but don't go any lower. Doing so could cause you to feel deprived and actually slow your metabolism. If you're exercising a lot, you may want to increase your intake to 2,000 calories. Since everyone is different, consult your physician to determine the best calorie intake for your body.





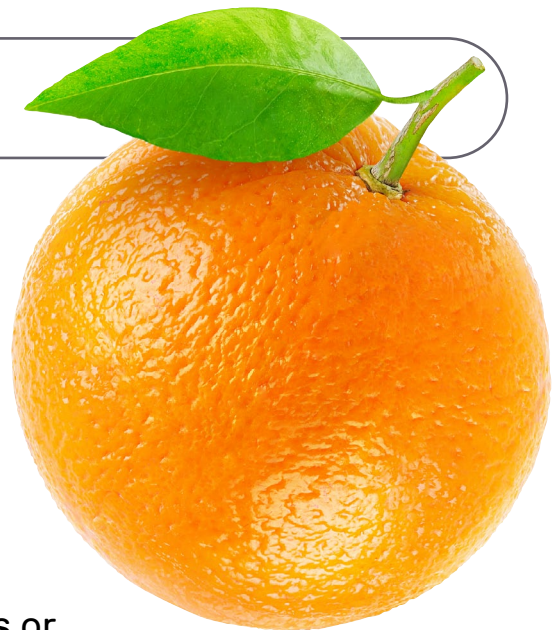
# Fuel For Life

## Food Sense: The Essential Macronutrients: Carbs, Protein And Fat

All food is made up of three essential macronutrients: carbohydrates, protein and fat. For energy, satiety and a healthy body in general, numerous studies show that a balance of carbs (about 50 to 55 percent of your total calories), protein (about 20 to 25 percent of your daily calories) and fat (about 25 percent of your total calories) is the way to go. Here's why.

### CARBOHYDRATES

Carbs are your body's chief source of fuel - you need them for energy. There are two basic types: simple and complex. Simple carbohydrates are foods like cookies that contain a lot of empty calories in the form of sugar, corn syrup, molasses or honey; they do little to nourish your body or curb your appetite. Complex carbohydrates are wholesome foods rich in fiber, vitamins and minerals - such as whole grains, fruits, vegetables and beans - that help fill you up and give you a real energy boost.

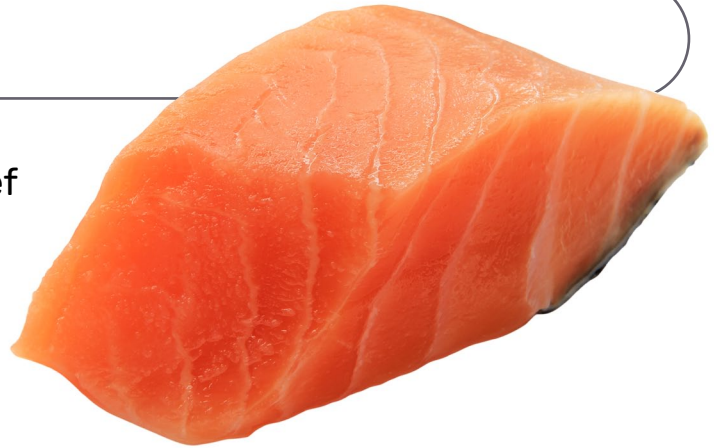




# Fuel For Life

## PROTEIN

As your body's chief building material, protein provides the necessary ingredients for growing and for repairing muscle, blood, skin and other tissue. While you don't want to go overboard on protein it's important to consume adequate amounts. (Research shows that protein requirements may actually increase slightly as we get older.)



Typical sources of protein include meat, fish, eggs and dairy. If you follow a vegetarian or vegan diet, you will want to focus on plant sources of protein, such as beans, soy and nuts.



# Fuel For Life

## FAT

Healthy fats are a vital part of a healthy diet. Some fat - especially from the unsaturated fats found in sources like nuts, avocados and fish oil - is needed for energy, supple skin and overall good health.

Fat is broken down more slowly than protein or carbohydrate, so it helps you feel satisfied and full. It also brings out the flavor in food - and tasty food is always more gratifying!

Different foods contain different combinations of these basic macronutrients. My 7-Day Meal Plan adheres to the general nutritional principles of USDA Dietary Guidelines. Each of the seven daily menus is made up of three smallish meals and two snacks that all contain a healthy balance of carbs, protein and fat. It is a sensible eating plan that should fill you up and keep you satisfied!





# Fats

## The Good, The Bad And The Ugly

### MONOUNSATURATED FAT

Raises your HDL, or “good,” cholesterol and may help protect against heart disease. Liquid at room temperature but starts to solidify when refrigerated.

**Found in:** Avocados, avocado oil, cashews, olives, pistachios, extra virgin olive oil, peanuts and peanut butter.

### POLYUNSATURATED FAT

Like monounsaturated fats, these heart-healthy fats may help reduce heart disease risk. Polyunsaturated fats stay in liquid form whether cold or at room temperature.

**Found in:** Almonds, walnuts, pecans, pumpkin seeds, sunflower seeds, fish.

### SATURATED FAT

Saturated fat can raise your LDL, or “bad” cholesterol. Less than 10 percent of your total daily calories should come from saturated fat. This fat remains solid at any temperature.

**Found in:** Butter, cheese, coconut and coconut oil, lard, meat, milk, palm and palm kernel oil.

### TRANS FAT

Trans fats start off as heart-healthy vegetable oil (olive and canola), but when the oil is hydrogenated to make it semi-solid, it undergoes a chemical process that turns it into an unhealthy fat. Research shows that trans fats increase your LDL cholesterol levels and lower your HDL cholesterol, raising your risk of heart disease.

**Found in:** French fries, onion rings, donuts, margarine, products made with vegetable shortening or partially hydrogenated oils including many baked goods, pie crusts, cookies and crackers.



# Fuel For Life

## Best Sources Of Carbs, Protein And Fat

### CARBOHYDRATES

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**CHOOSE:** Fruits, veggies, whole grains like brown rice and quinoa, beans and lentils, whole-grain breads, high-fiber cereals.

**SKIP:** White breads, packaged baked goods and sugary beverages.

### PROTEIN

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**CHOOSE:** Omega-3 rich fish (such as salmon), shellfish, beans and lentils, nuts, white chicken or turkey meat, eggs, soy, lean red meats, lean pork, and organic dairy products such as milk, yogurt and cheese.

**SKIP:** Processed meats and fatty meats like bacon and sausage.

### FAT

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**CHOOSE:** Avocados, nuts and nut butters (walnuts, almonds, cashews), seeds and seed butters (chia, flax, pumpkin or sunflower), olives and olive oil.

**SKIP:** Margarine, shortening and anything fried.



# Fuel For Life

## Fab After 40 Food Insight

Now that you know why you should be focusing on certain foods, let's get into the how! Use this section for simple suggestions on lifestyle and food changes that can make a big difference in how you age.

## 9 Healthy Aging Strategies

As we get older, our bodies change... and while you can't expect to live forever, you CAN use food to fight these natural progressions and turn back the clock! The following pages will cover strategies including how to:

BOOST YOUR METABOLISM

COMBAT FREE RADICALS

GET MORE NUTRIENTS INTO YOUR DIET

EAT FOODS THAT PROMOTE BONE, HEART, DIGESTIVE AND BRAIN HEALTH

MAKE WISE DECISIONS WHEN IT COMES TO CHOOSING HEALTHY FOODS AND BEVERAGES

And more! Once you know the basics, you can move forward with healthy food decisions that your body will appreciate!





# Fuel For Life

## 1 Keep Tabs On Your Metabolism

Metabolism is the rate at which your body burns calories. Your metabolism naturally starts to slow down as you become less active and your body loses muscle. Regular aerobic exercise and strength training can help give your metabolism a boost. But how and when you eat also plays an important role. Here are five easy ways to keep your metabolism charged:

### **DON'T SKIP MEALS - ESPECIALLY BREAKFAST**

Whether you're trying to drop weight quickly or are simply in too much of a hurry, skipping meals is a big mistake. When your body is deprived of food, it starts conserving fuel - in other words, burning fewer calories to protect itself from starving. This is especially bad news for those who don't eat breakfast. Since your body slows down while it's sleeping, you need food to give your metabolism a kick-start. Breakfast is a prime opportunity to add in healthy foods like vegetables and fruits to start the day off right.

### **SPREAD YOUR FOOD INTAKE THROUGHOUT THE DAY**

While skipping meals is a definite weight-loss don't, eating too much food at once can also sabotage your efforts to beat middle-age spread. Your body processes fuel more efficiently when it's fed in small amounts. "Grazing" may be the secret to keeping your blood sugar stable and your body primed for movement. All you need to do is make a few timing changes, spreading your eating out rather than



# Fuel For Life

downing a three-course meal in one sitting. The aim is to keep your body fueled for activity.

## WATCH YOUR PORTION SIZES

America is the land of extra-large everything - from jumbo sodas to super-sized fries to overstuffed sandwiches. The first step in defending yourself against overeating? Learn what appropriate portion sizes look like - see the chart on [page 79](#).

## PUT A CURFEW ON YOUR KITCHEN

Does late-night eating make you gain weight? Technically, no. However, late-night nibbling often does set you up for overeating. Mindless munching in front of the TV can add up to a lot of excess calories. I suggest “closing” your kitchen at the same time each night to cut down on temptation.

## ADD SPICES TO YOUR DIET

Ginger, capsaicin - what gives chili peppers their “bite” - and black pepper can elevate the generation of heat in your body, which can lead to more calories burned. Toss peeled, fresh ginger into your smoothies and stir-frys, and add pepper to your meals.

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## Boost Your Energy Through How You Eat!

Some people seem to have boundless energy, while others can be low on energy on a daily basis. If you ever feel consistently low energy, consult your doctor - she can help you discover

if there are any underlying medical causes and prescribe treatment. But if you are experiencing minor energy slumps here and there, try looking at your diet! What you eat - and how you eat - can have a big impact on your energy levels. Try the following eating tips to help naturally boost your energy!

### Eat less food, more often!

If you tend to eat large meals in one sitting, then feel your energy wane, consider smaller meals throughout the day. Large meals eaten at one time can cause your body to release insulin, which can lead to blood sugar levels dropping; this can leave you with low energy.

And skipping meals is no better: it can lead to overeating at your next meal. Try to eat smaller meals throughout the day as well as healthy snacks to help keep your blood sugar levels from dropping too low.

### Choose healthy snacks.

Don't think of snacks as a way to fill cravings, think of snacks as a way to fuel your body's energy! By choosing healthy snacks such as whole fruits and vegetables, nuts or a piece of cheese with a whole grain cracker, you will be providing your body with healthy nutrients to help keep energy levels up.



### Sip, sip, sip... water that is!

Dehydration can lead not only to fatigue, but to feelings of hunger as well. The best way to combat this is to drink water. While 6 to 8 glasses a day is a good baseline, keep in mind that if you are working out, you will likely need more. And if you have trouble remembering how much water you drink in a day. Try following the rule: Drinking a glass of water every time you use the bathroom keeps you hydrated and helps keeps your body working smoothly! I also like to start the day with a glass of warm lemon water - give it a try!

### Add more vitamin C-rich foods to your diet.

It appears that people with vitamin C levels that are higher than the norm have more energy than those with lower levels. So add an extra orange, kiwi or bell pepper to your daily food intake for an added boost of C! (See [page 30](#) for more foods with vitamin C).



### Increase your fiber intake.

Beans and lentils are an excellent and low-cost source of fiber. The more fiber you eat, the slower insulin is released... which helps keep your blood sugar levels steady. Oatmeal (steel cut or Irish) is also a good option.





# Fuel For Life

## 2 Combat Free Radicals

Free radicals, found in air pollution, cigarette smoke, fried foods and other unhealthy things, are molecules with unpaired electrons. The free radicals go out in search of that extra electron, and during the search they attack healthy cells, hoping to “steal” one of theirs. When they do, they leave the healthy cell damaged and defenseless: The first step toward many serious diseases, including cancer. While we can’t totally avoid free radicals, we can combat them by eating foods rich in antioxidants - that means eating more fruits and vegetables! Antioxidants can stop free radicals from attacking healthy cells and help keep your body resistant to heart disease, cancer and other indiscriminating killers. To keep free radicals at bay, aim to eat at least seven and preferably eight servings of fruits and vegetables per day.





# Fuel For Life

## 10 ANTIOXIDANT-RICH FOODS YOU SHOULD BE EATING!

Antioxidants are vital to overall health, especially as we age: They may decrease the risk of infection, boost your immune system and help minimize damage to cells that may accelerate aging. The best sources - surprise! - are fresh, whole foods that are part of a varied diet. Vegetables, fruits and nuts can provide many of the antioxidants your body needs, so add these foods to your grocery list!

1. BLACKBERRIES

2. WALNUTS

3. STRAWBERRIES

4. ARTICHOKE

5. KALE

6. GOJI BERRIES

7. RASPBERRIES

8. PECANS

9. BLUEBERRIES

10. RED CABBAGE



## *Healthy Eating Suggestions: Eating More Antioxidants*

Here are a few ways to sneak antioxidant-packed fruits and veggies into your diet:

**Stack kale, spinach leaves, red peppers, cucumbers or sprouts on sandwiches.**

**When boiling pasta, toss in raw broccoli during the last few minutes, drain and serve with your favorite sauce.**

**Order a side of steamed or sauteed veggies instead of fries with your sandwich or burger.**

**Add lightly steamed fresh or frozen chopped veggies to soup.**

**Have portable fruits like oranges and apples on hand and take with you when on-the-go.**

**Top a pizza or entree with chopped broccoli, carrots, zucchini and other veggies. (Depending on cooking time, you may want to lightly steam certain veggies first.)**

**Try a veggie omelet as an alternative to scrambled or poached eggs.**

**Add a handful of berries to your yogurt, cottage cheese or cereal.**

**Snack on celery sticks spread with almond butter or hummus.**



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## 3 Supplementing With Foods

Because every individual has unique vitamin and mineral needs, I recommend you make an appointment with your physician or a nutritionist to determine what supplements - and how much - you should be taking.

When it comes to vitamin and mineral supplements, I tend to be a minimalist: Because I eat a healthy diet filled with fruits and vegetables, quality protein sources, and healthy fats, top researchers have told me I can get most of the nutrients I need from food. But no matter how well I eat, they say, it's wise to take a multivitamin as an insurance policy. Again, work with your physician on what supplements will benefit your body's needs, and make it a point to eat foods like those in the antioxidant chart on [page 27](#), and those recommended on the next page!



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## Getting Your Vitamins Through Your Diet

Unlike protein, carbohydrates and fats, vitamins are not sources of energy. But these micronutrients are essential for healthy metabolism, cell production, bone formation and overall good health.

There are two types of vitamins: fat soluble and water soluble. Water soluble vitamins (vitamin C and the B vitamins, including biotin, folate and pantothenic acid) are utilized by your

body very quickly; excess amounts are excreted in your urine. Fat soluble vitamins (vitamins A, D, E and K) are used up slowly and can be stored in your liver and body fat; they have the potential to be toxic, so watch your intake if you are taking supplements.

Because each individual's vitamin needs are unique, I suggest you work with your physician on what supplements are optimal for your needs. In the meantime use this chart to learn how to get more vitamins into your diet through the foods listed here.

### Vitamin A

Promotes healthy eyesight as well as healthy skin, bones and teeth; supports cardiovascular, lung, and kidney health; boosts immunity

**Food sources:** Carrots, sweet potatoes, dark leafy greens, orange and yellow vegetables and fruits, eggs, milk, cheese



### B1 (thiamin)

Keeps nervous system, heart and muscles functioning normally; plays a role in converting starch and sugar into energy

**Food sources:** Whole grains, oatmeal, peanuts, beans, lentils, pork, most vegetables, milk, seeds



### B2 (riboflavin)

Helps convert food into energy, involved in metabolism of vitamin B6, folate, and niacin

**Food sources:** Milk, yogurt, dark leafy greens, soybeans, eggs, cheese, whole grains

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## B3 (niacin)

Promotes healthy skin, aids digestion, supports energy levels

**Food sources:** Lean pork, chicken, seafood, whole-grains, wheat germ, eggs, milk, nuts, peanut butter



## B6 (pyridoxine)

Promotes new cell growth, helps regulate blood sugar, boosts immunity, and supports nerve function, memory, and heart health

**Food sources:** Wheat germ, soybeans, cantaloupe, mangos, lean meat and poultry, eggs, oats, peanuts, walnuts, lentils, green leafy vegetables

## B7 (biotin)

Supports energy levels, helps regulate blood sugar, maintains healthy hair and nails

**Food sources:** Egg yolks, brewer's yeast, milk, avocado, broccoli, cauliflower, cheese, chicken, fish, legumes, mushrooms, nuts, pork, potatoes, and spinach



## B9 (folate or folic acid)

Promotes healthy skin, improves concentration and mood, aids in digestion, prevents some birth defects, protects against heart attack and stroke

**Food sources:** Fortified cereals, beans, dark leafy greens, carrots, avocados, asparagus, oranges, cantaloupe, apricots, pumpkin

## B12 (cyanocobalamin)

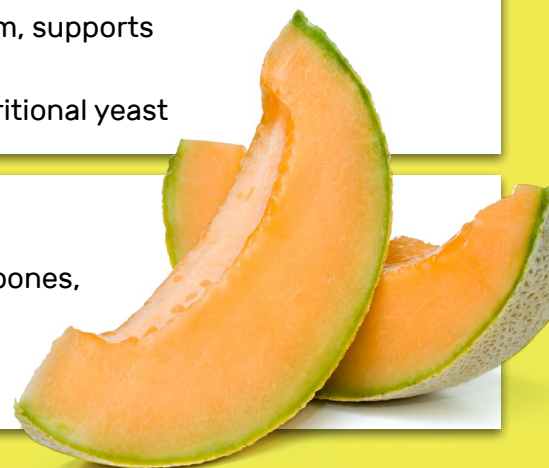
Increases production of red blood cells, promotes a healthy nervous system, supports energy levels, concentration, memory and balance

**Food sources:** Meat, fish, eggs, milk, cheese, shellfish, some brands of nutritional yeast

## Vitamin C

Aids in collagen production, which is necessary for healthy blood vessels, bones, teeth, gums and skin, boosts immunity

**Food sources:** Citrus fruits, kiwi, berries, green leafy vegetables, melon, mangos, broccoli, cauliflower, tomatoes, red peppers, potatoes



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## Vitamin D

Increases calcium absorption and utilization, which translates to strong bones and teeth; important for immune health

**Food sources:** Tuna, salmon, sardines, herring, fortified milk and dairy products. Also derived from exposing skin to the sun



## Vitamin E

Aids in formation of red blood cells, muscles and tissues, may minimize signs of sun damage

**Food sources:** Vegetable oils, spinach, sweet potatoes, avocados, dark leafy greens, Brussels sprouts, sunflower seeds, wheat germ, nuts, peanut butter, eggs, and whole grains

## Vitamin K

Promotes proper blood clotting, helps maintain healthy bones and heal fractures

**Food sources:** Broccoli, kale, spinach, and other leafy greens, cabbage, cauliflower, bran, egg yolks

## Getting Your Minerals Through Your Diet

Like vitamins, minerals are also micronutrients. The difference is that most minerals are inorganic, and come from the earth. Plants absorb minerals from the soil and we ingest minerals directly from plants, as well as from plant-consuming animals. Minerals play a key role in the activation of hormones and enzymes and in the formation of tissues and bones.

A varied diet will provide enough minerals to meet a person's daily needs for overall health. Because each individual's mineral needs are unique, I suggest you work with your physician on what supplements are optimal for your needs. In the meantime use this chart to learn how to get more minerals into your diet through the foods listed on the next page. There are more than 22 known minerals, but I've outlined the most important ones.

# Fuel For Life

## Calcium

Helps build and maintain healthy bones and teeth

**Food Sources:** Milk, yogurt, cheese, tofu, canned salmon or sardines with bones, broccoli, dark leafy greens, beans, figs, fortified cereal and orange juice



## Copper

Plays a role in iron absorption, energy production, and normal functioning of the brain and nervous system

**Food Sources:** Beans, peas, whole-grain cereals and breads, prunes, nuts, seeds, shellfish

## Iodine

Helps regulate the thyroid gland, which controls energy production and metabolism, as well as nerve and muscle function

**Food Sources:** Kelp, nori, and other sea vegetables, iodized salt, seafood, yogurt

## Iron

Delivers oxygen to muscles to help prevent fatigue, increases resistance to disease

**Food Sources:** Lean meats, eggs, oysters, beans, soybeans, lentils, nuts, dark leafy greens



## Magnesium

Promotes a healthy cardiovascular system, combats depression, maintains healthy bones and teeth, relieves indigestion

**Food Sources:** Dark leafy greens, beans, nuts, soybeans, seafood, wheat germ, whole grain cereals

## Manganese

Helps break down carbohydrates and amino acids.

**Food Sources:** Whole grains, nuts, dark leafy greens, beans, peas, beets



# Fuel For Life

## Phosphorus

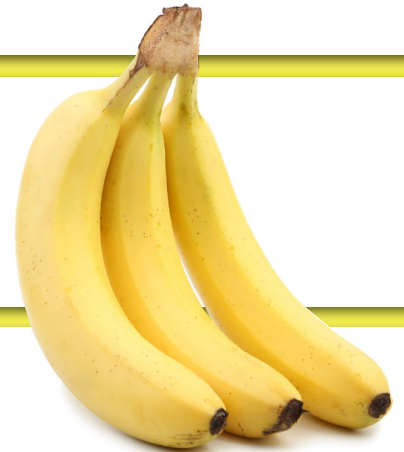
Aids in growth and repair of cells, assists in energy production, promotes healthy gums and teeth

**Food Sources:** Seafood, poultry, whole grains, eggs, nuts, seeds, tofu, yogurt

## Potassium

Aids in proper nerve and muscle function, maintains normal blood pressure

**Food Sources:** Most vegetables and fruits, especially broccoli, bananas, citrus fruits, cantaloupe, tomatoes and potatoes; almonds, sunflower seeds



## Selenium

Supports immune function and thyroid function.

**Food Sources:** Seafood, wheat germ, bran, tuna, onions, tomatoes, broccoli

## Zinc

Enhances immune system, supports sexual and reproductive function, aids in proper muscle contraction and neurological function

**Food Sources:** Oysters, yogurt, red meat, poultry, lentils, garbanzo beans, pumpkin and sesame seeds





# Fuel For Life

## 4 Care For Your Bones

As we age, it is essential to focus on bone health to prevent osteoporosis, a condition which affects half of all American women over age 65. Estrogen helps maintain bone density, but when menopause hits and estrogen production stops, bone loss rate often escalates. Calcium is important for bone health - so add these foods to your diet.

### SUPER SOURCES OF CALCIUM

YOGURT, PLAIN, WHOLE MILK (1 CUP) 350 MG

YOGURT, FLAVORED, WHOLE MILK (1 CUP) 300 MG

WHOLE MILK (1 CUP) 300 MG

TOFU (4 OUNCES OR 1/2 CUP) 258 MG

CALCIUM-FORTIFIED ORANGE JUICE (3/4 CUP) 225 MG

CHEDDAR CHEESE (1 OUNCE) 204 MG

RICOTTA CHEESE, PART SKIM (1/4 CUP) 169 MG

COLLARD GREENS (1/2 CUP) 150 MG

BROCCOLI (1/2 CUP) 89 MG

SPINACH (1/2 CUP) 84 MG

WHITE BEANS (1/2 CUP) 80 MG

COTTAGE CHEESE (4 OUNCES) 77 MG





# Fuel For Life

## EASY WAYS TO BOOST YOUR CALCIUM

BUY CALCIUM-FORTIFIED ORANGE JUICE

ADD DRY MILK POWDER TO BAKED GOODS, MASHED POTATOES OR MEATBALLS

FOR A HEALTHY DESSERT, TOP YOGURT OR COTTAGE CHEESE WITH FRESH BERRIES

ADD MILK INSTEAD OF WATER TO YOUR MORNING OATMEAL

ADD SAUTEED SPINACH OR BROCCOLI AS A SIDE

TOSS WHITE BEANS INTO YOUR FAVORITE PASTA OR SOUP

PLACE A BROILED CHICKEN BREAST ON A BED OF COLLARD GREENS OR SPINACH INSTEAD OF PASTA

In addition to calcium, vitamin D and magnesium are also important nutrients when caring for your bones: They help your body absorb calcium. Milk and fish such as salmon and sardines are excellent sources of vitamin D. You can obtain magnesium through foods such as dark leafy greens, soybeans, wheat germ and fortified cereal.



# Fuel For Life

## 5 Fill Up With Fiber

Besides keeping you “regular,” a diet rich in fiber may help protect your heart and your waistline. Soluble fiber, found in dried beans and peas, fruits and vegetables, oats and flax, can significantly lower your risk of heart disease, the leading cause of death among women. Foods rich in soluble fiber help drive down LDL cholesterol levels.

Fiber can also help you lose weight by making you feel full, so you eat less overall - a natural appetite suppressant! According to the Institute of Medicine, adults should consume 25 grams of fiber per day for women and 38 grams per day for men.





# Fuel For Life

## 14 FABULOUS FIBER SOURCES

**SWEET POTATO, 1 MEDIUM 7.2 GRAMS**

**RAISINS (1/2 CUP) 4.3 GRAMS**

**SPINACH, COOKED (1 CUP) 4 GRAMS**

**BLACKBERRIES (1/2 CUP) 3.7 GRAMS**

**APPLE (1 MEDIUM) 3.4 GRAMS**

**BLACK BEANS (1/2 CUP) 2.4 GRAMS**

**WHITE BEANS (1/2 CUP) 2.2 GRAMS**

**OAT BRAN, COOKED (1/2 CUP) 2.2 GRAMS**

**KIDNEY BEANS (1/2 CUP) 2.0 GRAMS**

**BRUSSELS SPROUTS (1/2 CUP) 2.0 GRAMS**

**APRICOTS (4) 1.8 GRAMS**

**ORANGE (1) 1.8 GRAMS**

**MANGO (1/2) 1.7 GRAMS**

**TURNIPS (1/2 CUP) 1.7 GRAMS**



# Fuel For Life

## 4 Heart Healthy Foods

To keep your heart healthy as you age, regular exercise and a healthy lifestyle are key (try the workouts and follow my Health Sense for Women information in my [Stop The Clock Workout Plan](#)). But so is nutrition! In addition to the sensible eating insight in this guide, consider adding the following foods that research is finding to be part of a heart-protective diet.

**GRAPES** The fruit, seeds, skin and juice can help reduce the risk of heart disease. Grapes are rich in polyphenols (plant compounds that have antioxidant activity) including resveratrol, flavonoids, anthocyanins and phenolic acids. These can help deter atherosclerosis, lower blood pressure and more. The darker skin varieties have more polyphenol benefits, so opt for red or purple grapes.

**DRINK GREEN TEA** The good news: Green tea provides EGCG, a polyphenol that may help to lower cholesterol and fight inflammation. More good news: There are so many varieties to choose from when it comes to green tea! Visit a local tea shop for insight, and try adding a cup to your morning meal or afternoon snack.



**VITAMIN D** Research suggests that individuals with a deficiency in vitamin D are twice as likely to suffer a heart attack or stroke within two years as those not at a deficiency. Getting the right amount of D may also lower levels of inflammation which is associated with heart disease. Good food sources of vitamin D include fortified cereal and milk (look for "Fortified with vitamin D" on the labels), eggs, and fish such as salmon, sardines and tuna. Getting adequate exposure to sunlight is also important, so aim for 20 minutes per day while not during peak sunlight hours.

**EAT (DARK) CHOCOLATE** Unfortunately for milk and white-chocolate lovers, the health benefits of this sweet treat are limited to dark varieties only – research usually recommends 70 percent pure cocoa or more. But if you buy high quality dark chocolate, you may just become a fan for its delicious flavor! Plus eating about 2-3 small squares per week seems to help protect against heart disease. A win-win in my book!





# Fuel For Life

## 6 Drink From The (Water) Fountain Of Youth

Water is truly a miracle drink. Your body needs it for countless behind-the-scenes processes, from digesting food to regulating body temperature. Even though it doesn't contain calories, water contributes to a feeling of fullness, making it an excellent weight-loss aid. Feeling fatigued? You may not need sleep - you could simply be dehydrated.

Are you drinking enough water? One way to tell is to check the color of your urine. If it's a very pale yellow, you're fine; if it's bright yellow or deep gold, you need to drink more. Another test: Pinch the skin on the back of your hand. If it springs back into place quickly, you should be hydrated. If not, it's time to reach for a water bottle! Always aim to drink at least 8 to 10 glasses of water a day (more when you exercise or drink alcohol or caffeinated beverages).

### THREE SIMPLE GET-MORE-WATER STRATEGIES:

DRINK A BIG GLASS OF WATER WHEN YOU WAKE

DRINK A GLASS OF WATER BEFORE EACH MEAL

DRINK A GLASS OF WATER EVERY TIME YOU USE THE BATHROOM





# Fuel For Life

## MIX UP YOUR FLUID INTAKE!

Try these healthy and tasty takes on plain water to up your intake of fluids:

ADD LEMON, LIME, ORANGE OR CUCUMBER SLICES TO PLAIN WATER - ADDS A DOSE OF VITAMIN C AS WELL AS FLAVOR

ADD A SPLASH OF 100% CRANBERRY JUICE TO SPARKLING WATER

SWAP PLAIN WATER FOR FLAVORED SELTZER

TRY DECAFFEINATED TEA WITH A SPRIG OF FRESH MINT





# Fuel For Life

## 7 Limit Processed And Sugary Foods

I love junk food, and the good thing is, there is room in our diet for splurges! The key isn't eliminating these treats - it's learning to enjoy them in moderation. Nutrition experts say that less than 10 percent of your calories should come from sugary, processed foods; for an 1,800-calorie-per-day diet, that's under 180 calories.

My personal rule for unhealthy treats is not to keep junk food in the house. If I really want to snack on chips or have a scoop of ice cream, I walk to the store. Sometimes by the time I get there, my cravings are gone!

Remember: Don't beat yourself up if you succumb to a creme brulee or just can't resist a chocolate chip cookie (or two!). You're allowed to enjoy yourself and indulge in the delectable treats every now and then - I certainly do! As long as you're getting your fill of nutrient-dense foods and aren't going overboard on junk, you'll be in good shape. You can always compensate for it by eating extra well the next day (or, if it's holiday time, the following week). Or get out there and burn off the extra calories by going for a brisk walk or spending a little extra time working out. That's my own proactive approach!



# Fuel For Life

## HEALTHY JUNK FOOD SWAPS

CRAVING CANDY? TRY RAISINS, AN APPLE OR A BANANA.

CRAVING ICE CREAM? TRY YOGURT WITH FRESH FRUIT, A FRUIT SMOOTHIE OR FROZEN GRAPES.

CRAVING COOKIES? TRY A PEPPERMINT - OR BRUSH YOUR TEETH!

CRAVING CHIPS? TRY A HANDFUL OF LIGHTLY SALTED ALMONDS.





# Junk Food Offensive

The best defense is always a good offense, so try these simple strategies to reduce your daily intake of nutritional zeroes. They work for me!

## THINK MINI

Beat your urge to overeat by buying snacks in single-serving packages.

## GO FOR THE GOOD STUFF

Indulge your sweet tooth with an expensive piece of “designer” dark chocolate instead of a convenience-store candy bar. As you eat, close your eyes and savor each tiny nibble. Your taste buds will think “treat” and you will be satisfied with less.

## CHECK THE LABEL

Many cereals, granola bars and other healthy-sounding foods may contain a lot of added sugar. Watch for ingredients such as corn syrup, fructose, sucrose and dextrose. If these items are listed near the top of the ingredient list on the nutritional label, switch to another brand. Women should try not to have more than 25 grams of added sugar in their diets each day.

## DON'T LEAVE HOME WITHOUT GOOD-FOR-YOU FOOD

You know the feeling: You're at work, at the mall or stuck in the car when you get the munchies or a pang of hunger strikes. The solution: Keep an emergency bag of dried fruit, an apple, or some nuts in your pocket, glove compartment or close at hand.

## GET BUSY

Boredom can be one of your waistline's worst enemies! Instead of snacking, use listless moments to do the things you've been meaning to do. If your hands are busy they'll be less likely to find their way into the chips and cookies.



# Fuel For Life

## 8 Limit Coffee, Cola And Caffeinated Tea

The caffeine found in coffee and certain teas and soft drinks robs your body of the water it needs to be exercise-ready and maintain a supple complexion. And while a cup of coffee or caffeinated tea certainly won't cause harm, I recommend limiting your intake of caffeinated beverages as much as possible - no more than two servings per day. Instead of coffee, try a cup of green tea, and instead of soda (regular or diet versions - neither has any health benefits), opt for a flavored seltzer water.

## 9 Decline Too Much Beer And Wine

Because it seems like the advice on drinking changes daily, my advice is to talk with your physician to see what is best for you and your health. Personally, I follow the rule of "everything in moderation," and like to save my glass of wine for special occasions rather than indulging every evening. But ultimately the decision is yours to make. If you do decide to imbibe, help combat dehydration by sipping water or seltzer along with your alcoholic beverage, and be sure to have at least one big glass of water before or after each cocktail.



# Fuel For Life

## The 13 Ultimate Age-Defying Foods

Now that we covered the nine nutrition rules for healthy aging, let's get to what you should enjoy more of! The best way to achieve optimal nutrition is to eat a wide variety of foods, and these nutritional powerhouses have been shown to have special healthy aging benefits. Add them to your diet!

### 1. SOY

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Research shows that soy can help reduce levels of LDL cholesterol. Soybeans also contain phytoestrogens called isoflavones that have estrogen-like effects on the body. For menopausal women, this may help minimize hot flashes. The calcium in soybeans may also help reduce your risk of osteoporosis. More research is needed to know how much soy is optimal to alleviate the symptoms of menopause, but studies show that 25 grams of soy protein per day is what it takes to lower cholesterol. Even if you consume less, you can cut your intake of saturated fat and cholesterol by including more soy and other plant-based sources of protein in your diet. If you have a personal or family history of estrogen-receptive-positive breast tumors, consult your doctor before adding soy to your diet - since soy seems to mimic estrogen in your body, experts aren't sure what effect it will have on breast tumors.



# Fuel For Life

My three favorite soy sources are:

## Edamame

These boiled, salted soybeans are delicious sources of protein. Find them fresh or frozen in supermarkets, and simply steam or boil the soybeans in their pods for no more than 5 minutes. Then they're ready to eat!

## Miso

A thick paste made from soybeans, sea salt and water, miso is sold in most supermarkets. It can be used to make miso soup (a staple in most Japanese restaurants), a sauce for grilled fish like tuna, or salad dressing.

### Quick and Easy Miso-Based Salad Toppers

COMBINE 2 TABLESPOONS OF MISO WITH VINEGAR, ORANGE JUICE, SOY SAUCE, SESAME OIL AND FRESH HERBS.

COMBINE ½ CUP MISO WITH ¼ CUP RICE WINE, ¼ CUP DIJON MUSTARD, ¼ CUP OF HONEY, ½ TEASPOON LOW-SODIUM SOY SAUCE, ½ CUP OF WATER AND 1/2 TEASPOON GROUND BLACK PEPPER.

## Tofu

Made from boiled, crushed soybeans, tofu comes in thick blocks that can be sliced or chopped. It's a delicious addition to a vegetable stir-fry or pasta sauce, or marinated in soy sauce and ginger and then grilled. I also make tofu enchiladas and fajitas. Try it in any dish that normally calls for chicken!





# Fuel For Life

## 2. FISH

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Fish, especially cold-water fatty fish like tuna, salmon and mackerel, are swimming with omega-3 fatty acids, which have been linked to the prevention of heart disease. A study published in the *Journal of the American Medical Association* suggests that eating one serving of fatty fish per week can reduce the risk of heart attack by up to 70 percent. Those same heart-protecting omega-3s may also provide relief for menstrual cramps, migraine headaches and rheumatoid arthritis, as well as help you trim down.



## 3. GREEN TEA

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Filled with antioxidants that combat free radicals, this soothing brew is believed to stave off various cancers. Research shows it may also help prevent strokes and heart attacks. And it may even help you drop a pound or two - the antioxidants in green tea actually stimulate the body to help burn calories. It's a great replacement for coffee and soda.



# Fuel For Life

## 4. GARLIC

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Talk about a disease-fighting champion! Garlic has been shown to support cardiovascular health by reducing LDL cholesterol, high blood pressure, and possibly mobilizing fats already deposited in your arteries. It also boasts at least 15 different antioxidants, and the National Cancer Institute credits it as a cancer-preventive food. Plus it fights bacteria and gives your immune system a boost. Experts say to aim for at least three cloves a day.

## 5. BLUEBERRIES

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Filled with antioxidants and unique bacteria-fighting properties, blueberries are an amazing (and tasty) disease-fighting tool. Like cranberries, blueberries may prevent and relieve bladder infections. They contain compounds called anthocyanosides that have been shown to slow down vision loss. And a study conducted at the Agriculture Department's Human Nutrition Research Center on Aging at Tufts University in Boston suggests that eating at least a half cup of the blue fruit a day can help improve balance, coordination and short-term memory.



# Fuel For Life

## 6. SPINACH

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While you shouldn't expect Popeye's bulging biceps, spinach and other dark leafy greens can provide amazing benefits for your whole body. One cup of cooked spinach contains about 244 milligrams of bone-building calcium - about the same as a cup of milk. It's filled with cancer-fighting beta-carotene and vitamin C, as well as folate, a B-vitamin known to help prevent birth defects and thought to protect against heart disease and stroke. Plus one cup of spinach delivers more than 4 grams of fiber! Add it to smoothies, salads, or lightly steam as a healthy side dish.

## 7. FLAXSEED

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Flaxseed contains high amounts of phytoestrogens as well as omega-3 fatty acids, which may help prevent heart disease while keeping your eyes, your brain and your reproductive system healthy. Some studies show flaxseed may even help prevent breast cancer. It also supplies iron, niacin, phosphorus and vitamin E. Like spinach, flaxseed also packs a lot of fiber (about 6 grams per ounce). To unleash the health benefits of flaxseed, the hard outer coating must be broken down. This can be accomplished by grinding the seeds with a mortar and pestle or popping them in a food processor, pepper mill or coffee grinder (used just for this purpose!). Try sprinkling flaxseed on oatmeal or yogurt, baking it into breads and muffins, or adding it to whole-grain rice or rice pilaf. To make sure flaxseed stays fresh, store in the refrigerator.



# Fuel For Life

## 8. OATMEAL

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Hot or cold, plain or topped with bananas and cinnamon, a hearty bowl of oatmeal can help lower LDL cholesterol by as much as 10 percent! This wholesome grain also sticks to your ribs, so you'll have energy for exercise and won't find yourself nibbling an hour later. Choose steel-cut or Irish oats, and try a bowl at breakfast and bake into breads.

## 9. BROCCOLI

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Broccoli is packed with many unique disease-fighting nutrients. Loaded with antioxidants like beta-carotene and vitamin C, broccoli may help protect against cancer of the colon, lungs and breasts. This fiber-filled veggie can help reduce cholesterol. It also contains lutein, a proven vision-saver. Toss chopped raw broccoli into salads, add lightly steamed florets to soups or stir-fry, or even order it on top of a pizza!





# Fuel For Life

## 11. LENTILS AND BEANS

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As we discussed, fiber is essential to overall health, and lentils and beans are cost-effective ways to get more fiber and protein into your diet. Both are easy to prepare and are easily found already cooked for your convenience. One cup of cooked lentils has 15 grams of fiber and 18 grams of protein, while many varieties of beans have at least 14 grams of fiber per cup, and vary from 16 to 28 grams of protein depending on the type.

## 12. OLIVE OIL

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Extra virgin olive oil is my go-to oil... and should be yours, too! The monounsaturated fat in olive oil is the healthiest type of fat, proving to be good for heart health. It can even lower the risk of heart attacks and heart disease. I use it to dress salads, cook most foods, in marinades, and even use it in some baked goods.

## 13. TURMERIC

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Research shows that turmeric may help to reduce the risk of Alzheimer's disease. I use it in curries and sometimes add a dash to my morning coffee. You can see more brain-healthy foods to add to your diet in the chart on the next page.



# Fuel For Life

## Eating For Brain Health

We all want to protect our brain as we get older – and these foods are a great place to start! Since diseases such as Alzheimer’s are linked to inflammation in the brain, foods that are anti-inflammatory and cooking methods that reduce the incidence of inflammation can be introduced to your diet as a way to help promote brain health.

**ANTIOXIDANT-RICH FRUITS AND VEGETABLES** Antioxidant-rich foods are a must when it comes to brain health – they help counter oxidative stress which may accelerate the aging process. Add more produce to your diet – especially blueberries, which are being researched for their potential to improve motor skills, affect short-term memory loss and more.



**FOODS WITH OMEGA-3 FATTY ACIDS** Salmon, sardines and flaxseed are good sources of omega-3 fatty acids, which may protect against Alzheimer’s disease and age-related memory loss. Other good sources include fortified eggs, walnuts, herring and black cod.

**FOODS RICH IN VITAMINS C AND E** Inflammation is linked to Alzheimer’s disease, and these vitamins have protective effects against inflammation. Eat more citrus fruits, beans, oatmeal, rice bran and wheat germ for extra vitamin C. And for more vitamin E, increase your intake of spinach, whole grains, sunflower seeds and wheat germ.



**SPICES WITH ANTI-INFLAMMATORY EFFECTS** Turmeric – common in American mustard and Indian curry – has been shown to reduce the risk of Alzheimer’s disease. And ginger is a natural anti-inflammatory spice that has been linked to a reduced risk of Alzheimer’s. Add both to your cooking for flavor and health!



# Fuel For Life

## The 8 Age Accelerators

Now that we covered what to add to your diet, let's take a look at what you should definitely eat less of. Each of these eight foods will only help accelerate the aging process, so take care to indulge in them only occasionally - if at all!

### 1. BREAKFAST "DESSERTS"

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Donuts, croissants, cinnamon rolls, jumbo muffins... all are filled with empty calories and unhealthy fats. They're also devoid of nutrients and lacking in fiber and protein, so you're apt to feel hungry shortly after eating. If you can't live without your breakfast sweet, try a piece of good whole-grain toast (look for 4-6 grams of fiber per slice) with fresh jam - you'll be getting fiber and the sweetness that real fruit offers up.

### 2. FATTY MEATS

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While advice on consuming meat tends to change every few years, there is no getting around that roast beef and other fatty meats are rich in artery-sabotaging saturated fat. When it comes to fatty meats, I err on the side of moderation.



# Fuel For Life

## 3. DEEP-FRIED FOODS

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Deep-fried foods are oozing with saturated and trans-fats that have been shown to raise levels of LDL “bad” cholesterol and increase your risk of heart disease. If you must have your french fries, try this healthy alternative: Cut russet or sweet potatoes into wedges, then brush with olive oil and dust with herbs and seasonings. Place on a cookie sheet and roast in a preheated 450-degree oven for 30 to 35 minutes.

## 4. FAST FOOD

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With a few exceptions, most fast food is a high-fat hazard and nutritional wasteland. Unless you make friends with the salad section, fast food isn't going to give you the nutrients your body needs. Keep it to the rare occasion.

## 5. CANDY

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Besides dark chocolate, most candy is a nutritional zero. No vitamins, no minerals, no benefits for your body whatsoever - only tons of sugar and calories. A treat here and there is OK, but don't raid that candy dish or box of chocolates on a regular basis - it simply is not going to promote healthy aging!



# Fuel For Life

## 6. PROCESSED LUNCH MEATS

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Most hot dogs, sausages and processed meats like bologna are filled with color and flavor enhancers like sodium nitrite. When heated, these preservatives form highly carcinogenic (cancer-causing) compounds called nitrosamines. If you're at a ballpark or backyard BBQ, you'd be better off with a piece of grilled chicken or a hamburger.

## 7. CREAMY SALAD DRESSINGS

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Salad can be the ultimate healthy food - but only if it contains most of the elements in the 13 Age-Defying Foods section! And even then, if you douse it with creamy salad dressings, you are likely adding saturated fats and artificial ingredients that cancel out the nutrients. For a reality check: Thousand Island dressing delivers approximately 260 calories and 26 grams of fat per ¼ cup. Some Honey French dressings weigh in at 280 calories and 23 grams of fat. A typical serving of Blue Cheese dressing runs around 160 calories and 16 fat grams. Instead, dress your salads with olive oil and balsamic vinegar, or make your own dressing at home, with lots of fresh herbs, garlic and mustard for a kick! Check out my homemade salad dressing recipe on [page 173](#).



# Fuel For Life

## 8. GREASY SNACK CHIPS

While salty snacks can fill a craving, they just don't have much nutritional value. If you're in the mood for some mindless munching, keep carrots and celery chopped up and ready to grab and dip in hummus, or have some air-popped popcorn - a healthy snack filled with fiber.



Denise Austin's  
**Stop  
The  
Clock**  
Nutrition Plan

# Making It Work





# Making It Work

## Making It Work: Prepping + Shopping + Cooking Tips

Now comes what a lot of people think is the hard part - implementing this healthy eating knowledge into your diet. I'm here to tell you the good news: it's not difficult to do! You can do it - and once you do, you'll realize how satisfying and delicious healthy eating can be. Start with these suggestions:

### 1. MAKE A MINI-PLAN

Don't try to overhaul your eating habits all in one day. My 28-Day Challenge on [page 69](#) will help you to introduce new small goals each week for four weeks. By rolling them in slowly, they will be easier to adopt as habits. At the end of the month, you'll have wonderful new habits that I want you to continue practicing. It might be awhile before you do all these things instinctively, without thinking about them - but I promise you that day will come.

### 2. START SMALL

If you are a big fast-food eater or late-night snacker, make small swaps each week. Limit your late night snacks to two days per week, and do that for a few weeks until it becomes a habit, then move to one day per week, then one day every other week. Chart your progress on a calendar and give yourself a "gold star" when you achieve your weekly goals. This type of visual reward can really work.



# Making It Work

## 3. THINK SIMPLE

Say a goal is to eat more lentils and beans. That doesn't mean you need to go vegetarian... instead think of ways you can easily swap out these foods for less-healthy meats in meals you already make. Add an extra can of beans to chili you love to make, or to a soup that is a family favorite. Throw some cooked lentils on top of a salad or pasta with red sauce, or simply opt for the bean burger instead of the hamburger. Small changes add up, remember that!

## 4. STRIVE FOR BALANCE

A healthy balance of carbohydrates (about 50 to 55 percent of total calories), protein (about 20 to 25 percent of total calories) and fat (25 percent of total calories) is the ideal for most people (if you have health concerns, consult your physician for the best balance for your situation.) If you can imagine your plate divided up like this, you are already on your way! Then, choose healthy versions of at least one or two of these. For instance, pasta (carb) with sausage (protein and less-than-healthy fats) in an oily sauce (fat) isn't the best choice. Instead, cut the pasta in half, add in some steamed veggies (carb), substitute lean chicken breast for the sausage, and keep the oily sauce - just use a little less. This is an excellent step forward in eating healthier, while still having balance.



# Making It Work

## 5. MIX IT UP

Eating the same foods all the time isn't just boring - it doesn't provide your body the nutrients needed to prevent the signs of aging. Eating a wide variety of foods offers up a wide variety of nutrients, so go for the full rainbow! Since it's easy to get stuck in a rut or gravitate to old favorites, try this simple mix-it-up strategy: Fill your grocery cart with reds, oranges, yellows, greens, purples, blues and browns - every time! The more hues, the better! Then paint your plates with a rainbow of color. Serve grilled fish with a red pepper, carrot and zucchini medley. Broiled chicken goes beautifully with mashed sweet potatoes and asparagus spears. Drop blueberries, raspberries and kiwi on your breakfast cereal. Each meal should look like a painting by Picasso or Matisse! Use the Color-Me-Healthy Grocery Guide on the next page to get more color - and nutrients - into your diet.



# Making It Work

## Color-Me-Healthy Grocery Guide

### Reds

Tomatoes, tomato juice or sauce, red peppers, beets, radishes, raspberries, strawberries, apples, red grapes, watermelon, cranberries, cranberry juice, pomegranates, ruby-red grapefruit, cherries, red potatoes, red onions, kidney beans



### Oranges

Carrots, sweet potatoes, pumpkins, acorn or butternut squash, orange peppers, cantaloupe, tangerines, peaches, mangos, papayas, apricots

### Yellows

Squash, corn, sweet yellow peppers, onions, bananas, pineapples, lemons, pears, grapefruit, turnips



### Greens

Spinach, broccoli, zucchini, asparagus, green peppers, lima beans, peas, Brussels sprouts, romaine or green-leaf lettuce, kale, beet or collard greens, leeks, green beans, cucumbers, celery, avocados, green onions, edamame, fresh herbs, kiwi, limes, honeydew melon, green grapes, Granny Smith apples, star fruit

### Blues/Purples

Eggplant, blueberries, purple grapes, blackberries, plums, raisins, purple potatoes, purple peppers, black beans



### Browns

Whole-grain cereal, oat bran, brown rice, wheat germ, flaxseed, lentils, garbanzo beans, russet potatoes, nuts, sunflower seeds, mushrooms, figs

### White

Cauliflower, endive, onions, parsnips, fennel



# Making It Work

## 6. SINK YOUR TEETH INTO IT

To keep your mouth interested and your tummy content, think of the four Cs: chewy, crunchy, crispy and creamy. Team crunchy almonds with creamy yogurt and chewy raisins. Try chewy spinach salad with crunchy toasted walnuts and crispy pears. Top crispy whole-wheat crackers with creamy hummus. Every bite will be a satisfying surprise!

## 7. BE SCENT-SIBLE

Lemon zest. Peppermint tea. Roasted garlic. Who ever said healthy food was blah? Whether you're warming up with a cup of chai tea or eating a tangerine, take a moment to indulge in the scent. Your nose will send a "delicious treat ahead" signal to your tummy.





# Making It Work

## Herbs And Spices To Have In Your Kitchen

Herbs and spices not only liven up the foods you make, they add almost no calories and can provide health benefits as well. Here are some herbs and spices I keep in my kitchen to help add flavor to dishes and to promote better health!

And keep in mind when using herbs and spices, a good rule of thumb is to use three times the amount of fresh versus dried. Since dried herbs are more potent, you will want to use less!

### FRESH HERBS AND SPICES

Many of these are so easy to grow indoors – buy some little pots and plant these near a window for a lasting source of fresh flavor!

#### BASIL

A source of antioxidants, basil also has antibacterial properties. Add fresh leaves to your drinking water, add to red sauces and sprinkle on top of soup for a fresh flavor.

#### THYME

A good source of vitamin C, thyme adds delicious depth to casseroles and soups.

#### CHIVES

Provide vitamin C, potassium and iron... I like to clip some onto my scrambled eggs and use in salads.

#### MINT

Historically used for upset stomach, mint helps with digestion... and smells great too! Add to your water or use to pep up your mood!





# Making It Work

## ROSEMARY

A source of antioxidants and anti-inflammatory compounds, this herb is perfect for roasted chicken and other savory meals.

## GINGER

An excellent anti-inflammatory, I keep dried and fresh ginger on hand for stir fries and soups.

## GARLIC

One of my favorites, garlic is an excellent anti-inflammatory with numerous health benefits including helping to fight off colds. Use it in any savory dish for added health benefits and taste!

## DRIED HERBS AND SPICES

Keep these on hand, and plan on replacing every year or so as they will lose their freshness.

## BAY LEAVES

A source of vitamins A, C and calcium, I add these to homemade soup and sauces.

## PEPPERCORNS, CAYENNE, RED PEPPER, CHILI POWDER

With a varied range of health benefits (including helping to stimulate the metabolism!) I keep all these varieties on hand to add heat and zing to any meal!

## CINNAMON

Loaded with antioxidants, cinnamon has been shown to be beneficial in promoting heart health and blood sugar levels. Add a dash to your coffee, tea, cottage cheese or yogurt for a fun pick-me-up.

## PAPRIKA

With anti-inflammatory properties, paprika comes in many varieties from sweet to smoky. Add it to fish and chili!





# Making It Work

## Timesaving Strategies

Finding time to prepare your own meals may seem like a challenge, but it doesn't have to be. To make it more doable, I've learned to minimize time spent at the supermarket, streamline preparation and cut down on cleanup. Here are five approaches that work for the Austin family, and they'll work for yours, too!

### 1. PLAN YOUR MEALS FOR THE WEEK

Every Sunday, I try to sit down with a pad of paper and outline meals for the next seven days. I usually plan a few meals that make good leftovers (a hearty soup, veggie lasagna or chicken casserole) or can be disguised as brand-new dishes - Sunday's roast turkey turns into Monday's turkey sandwiches and Tuesday's turkey soup.

### 2. DO GROCERY SHOPPING DURING OFF-PEAK HOURS

Since you've already mapped out your meals, you will have a detailed list so you don't forget anything. The next step is trying to avoid peak grocery hours - weekends and weekday evenings. There will be fewer people and it will make shopping so much easier. If you can't swing this, consider trying grocery delivery services or shopping online and picking up at the store - often these services are not as expensive as you may think, or are even free.



# Making It Work

### 3. GET PREPPING!

Prepare as much healthy food ahead of time as you can. Chop up veggies and store in a clear container for quick snacks and last-minute salads. In a tightly sealed container, fruit salad will last a few days; toss chunks on top of your breakfast cereal or serve with yogurt for dessert.

### 4. FIND SIMPLE FAVORITES

I love to experiment with new recipes, but during the week I stick to the basics - recipes my family loves that have just a few ingredients and which I know by heart. Save the fancy stuff for weekends or special occasions! Check out my Denise's Kitchen Staples chart on the next page for what I like to keep on hand for easy, weekday recipes that are healthy.

### 5. MAKE IT A GROUP EFFORT

Don't be afraid to ask your partner and kids to help out. It's fun to have company, and you can cut kitchen time in half. Meal preparation can and should be a fun, shared time.

And to make meal prepping and cooking even more fun, add some music and dance to the mix! I love to listen to a podcast or music when cooking, and have been known to bust a move in the kitchen as well!

# Making It Work

## Denise's Kitchen Staples

I try to always have these items on hand for quick, healthy meals I can

whip up in little time. All are versatile food items that can be used for breakfast, lunch and dinner – and even snacks!

### Extra virgin olive oil

Heart healthy, I use this on most everything that calls for oil!

### Avocados

Healthy fats, sometimes I just scoop out a spoonful as a snack!

### Lemons

Lemons add so much flavor and life to dishes – especially leftovers!

### Kale or spinach

Dark leafy greens for salads or sides – I almost always add to pasta dishes.

### Garlic

I love this natural anti-inflammatory and use it all the time!

### Sweet potatoes

A perfect sweet treat or substitute for white potatoes.

### Quinoa

I love this protein-rich food, and use it in salads, casseroles and more.

### Carrots, onions and celery

Kitchen staples we should all have on hand!

### Organic, omega-3 enriched eggs

A quick, inexpensive way to get protein and omega-3s.

### Pre-roasted chicken from the grocery store

Good to have on hand for healthy meals, fast.

### Good sea salt

Look for fun flavors to add depth to your dishes.



Denise Austin's  
**Stop  
The  
Clock**  
Nutrition Plan

# 28-Day Challenge





# 28-Day Challenge

My 28-Day Nutrition Challenge is a way to help encourage healthy eating patterns - patterns that can help promote a longer, healthier, more robust life! It is not a diet, but rather small steps to add to your daily routine each week.

You will start with a kitchen makeover - find out what to toss and what to keep. Then you will learn how to read food labels - so important for choosing healthy foods. Next, you will begin the 4-Week Challenge! Each week you will layer in new, healthy changes... the goal is to make these changes become habit after 28 days of practicing them.

The good news is: YOU CAN DO IT!! Eating healthy really doesn't mean sacrificing taste, pleasure, satisfaction and feeling full. It means fueling your body for the years to come with foods that are nutritious, delicious and filled with healthy nutrients. So let's do this together - eat healthier, feel healthier, BE healthier!





# 28-Day Challenge

## Healthy Kitchen Makeover

Follow this list on how to turn your pantry, refrigerator and freezer from hosts of unhealthy foods to harbingers of whole-food goodness!

### SNACKS

#### TOSS

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Products made with lots of sugar or white flour, such as cookies, crackers and baked goods.

Items with expiration dates in the past, including canned goods.

Anything that smells rancid or bad, especially nuts - they will smell like gasoline when they have turned.

#### KEEP OR BUY

---

Nuts, including almonds, walnuts, soy nuts and cashews. Go for raw or lightly toasted, no-salt or low-salt varieties.

Whole wheat crackers that are high in fiber or include nuts.

Dried fruits such as raisins, prunes, cherries, cranberries and blueberries. Avoid any that have additional sugar added.

Dark chocolate that is made up of at least 70 percent cocoa.





# 28-Day Challenge

## CEREALS AND BREADS

### TOSS

---

Sugary, refined cereals - not only the kind kids like, but adult cereals can be high in sugar as well, so check the label.

Breads made with white flours.

Breads made with unhealthy amounts of fat, such as croissants.

### KEEP OR BUY

---

Organic, high-fiber cereals and breads.

Steel-cut oats or Irish oats.

Breads with visible whole-grains that are high in fiber.



# 28-Day Challenge

## PACKAGED FOODS

### TOSS

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Flavored noodles or rices - they are culprits for a lot of sodium and unhealthy fats.

Canned and instant soups, which can be high in sodium and contain unhealthy fats.

Canned fruit packed in syrup or even light syrup.

Instant drink mixes, as they often have a lot of added sugars, artificial flavors and other not-so-healthy ingredients.

Pasta sauces with sugar, cheese or cream added.

Any oils listed in my Food Label chart on [page 77](#).

### KEEP OR BUY

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Whole grains and dried beans and legumes.

Extra virgin olive oil.

Low-sodium organic broths as a base for soup or poaching.

Nut butters such as cashew and almond butter.

Real tea, such as green, chamomile and black tea.

Canned sockeye salmon, sardines and tuna packed in water.



# 28-Day Challenge

## REFRIGERATOR

### TOSS

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Anything with artificial additives, especially prevalent in dairy products.

Anything with added sugars - look closely at "sweet" dairy products such as yogurt.

Processed cheeses.

Margarines or spreads that list "partially hydrogenated oil."

Beverages with added sugars, such as juice drinks and juice cocktails, soda and sports drinks.

Creamy salad dressings or those high in sugar.

Any condiments that have expired.



# 28-Day Challenge

## REFRIGERATOR (CONTINUED)

### KEEP OR BUY

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Lots of fresh produce that is seasonal and local!

Dairy products that are organic and hormone-free.

Organic milk alternatives, such as almond milk.

Organic hard cheeses and string cheese.

Omega-3 enriched eggs that are organic and cage-free.

Healthier snack options such as salsa, hummus and nut dips.

100% whole fruit juices such as orange, cranberry and cherry juice (opt for no sugar added version if possible - they will be tart, but you can temper them down with sparkling water!).



# 28-Day Challenge

## THE FREEZER

### TOSS

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Any prepared entrees or items such as pizza - unless you read the label to make sure the sodium content isn't off the chart.

Any prepared items with unhealthy fats.

Any item that has freezer burn.

Desserts with artificial flavoring or sugar alternatives.

### KEEP OR BUY

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Healthier frozen entrees and items that tend to have fewer ingredients and low sodium and sugar.

Frozen, organic fruits - great to use in smoothies!

Frozen, organic veggies, perfect for soups and sides when fresh isn't available.

Healthier dessert options such as sorbets.



# 28-Day Challenge

## How To Read Food Labels

A food label can be intimidating, especially if the list of ingredients is long, with complex words you don't understand. The good news is that knowing what to avoid can narrow down your chances of eating unhealthy ingredients.

One tip I use to minimize unnecessary, unhealthy ingredients in my diet is to stick with packaged products that have less than 10 ingredients on the label. It's that simple! Try it out next time you go to the store - pick up a package of, say, macaroni and cheese. Chances are the label will be long, with lots of unpronounceable items. Then consider what really goes into macaroni and cheese: pasta, milk, cheese, a few seasonings... By choosing items with fewer ingredients, you are erring on the side of healthier, whole foods. And these are going to be better for you in the long run! So remember: Leave the long labels and search for alternatives with shorter ingredient labels - or make your own!



# 28-Day Challenge

Now on to what to avoid on labels... The following foods are not recommended as part of a healthy diet, so minimize or eliminate products that list these:

- 1 Artificial sweeteners
- 2 Animal fat and vegetable shortening
- 3 Oils such as corn oil, palm oil, safflower oil, cottonseed oil, soybean oil, blended or processed vegetable oils, and partially hydrogenated oil
- 4 High fructose corn syrup
- 5 Margarine
- 6 The words “artificial flavors” (you can find “real” flavors from the real thing!)



# 28-Day Challenge

## Portion Sizes

A big part of staying fit and healthy is watching what we eat. Sometimes it's not necessarily the food we are choosing, but how much we are eating. Since the goal of this guide is to have food work for you and your health, knowing portion sizes is important. So when in doubt, measure it out!

### FRUIT

1 medium-size whole fruit; 1/2 cup cut-up fruit or berries (about the size of your fist).

### VEGETABLES

1 cup raw, leafy greens (about the size of a baseball); 1/2 cup cooked veggies (about the size of a light bulb).

### MEAT

3-4 ounces meat, fish, or chicken. One portion is about the size of your palm or a deck of cards.

### DAIRY

1 cup milk or milk alternative; 1.5 ounces of hard cheese. One portion of cheese is about the size of four dice.

### GRAINS

1 slice of bread; 1/2 - 1 cup grains or cereal (about the size of your fist); 1 cup cooked pasta or rice (about the size of a tennis ball).

### HEALTHY FATS

1 teaspoon olive oil; a quarter of an avocado; 1-2 tablespoons nut butter (about the size of a golf ball); 1-2 tablespoons nuts (about the size of an egg).



# 28-Day Challenge

If you are watching your portion sizes, try these tips:

SERVE YOUR MEAL ON SALAD PLATES. YOUR PLATE WILL LOOK MORE FULL THAN IF YOU USE A DINNER PLATE.

STORE SNACK FOODS IN SINGLE SERVING CONTAINERS SO YOU ARE SURE YOU ARE EATING NO MORE THAN ONE PORTION.

WHEN DINING OUT, ALWAYS ORDER THE SMALLER PORTION SIZE IF YOU TEND TO BE TEMPTED TO EAT EVERYTHING ON YOUR PLATE.





# 28-Day Challenge

## WEEK 1 Eat Clean, Stay Lean

We kick off the 28-Day Challenge by implementing some of the strategies we have covered in this guide.

### GOAL 1: CLEAN OUT YOUR PANTRY AND REFRIGERATOR/FREEZER

Use the charts starting on [page 71](#) for what to toss and healthy replacements. You can do this in stages, but try to begin with discarding unhealthy snacks and “extras” that you really do not need in your daily diet.

### GOAL 2: AIM TO DRINK MORE WATER

See the chart on [page 40](#) for my suggestions on getting more water into your diet. And be sure to stock up on lemons, limes, mint and cucumber to help make water even tastier!

### GOAL 3: MAKE SURE YOU ARE EATING A FRUIT OR VEGETABLE AT EVERY MEAL

My 7-Day Meal Plan does this for you, but if you deviate from the plan (say you go out to dinner or lunch, or are on the go and unable to follow each meal), always be sure to add a piece of fruit and/or a veggie to the mix!



# 28-Day Challenge

## WEEK 2

## Information For Better Nutrition

In Week 2, continue with the goals from Week 1, and add these three suggestions.

### GOAL 1: LEARN HOW TO READ FOOD LABELS

Knowing what you are eating is important, so use my checklist on [page 78](#) on what you should look for - and what you should leave on the shelf - when grocery shopping. Don't worry, the suggestions are simple, and the more you know, the healthier you can eat!

### GOAL 2: REPLACE FRIED FOODS WITH BETTER OPTIONS

This week, challenge yourself to just not eat anything fried - at all! There are no fried foods in my Stop The Clock Nutrition Plan, but again, if you are dining out, they may be an option. Just say no! Fried foods should be considered an occasional indulgence. Replace french fries with a baked potato; onion rings with a side of steamed or grilled veggies; and fried cheese with a salad. Once you are used to not eating fried foods, you won't miss them!

### GOAL 3: CHOOSE HEART-HEALTHY FOODS

My list of foods that promote heart health can be found on [page 39](#). Add some to your diet this week, and stay with it in the coming weeks as well!





# 28-Day Challenge

## WEEK 3 Shop Savvy

Continue to implement Weeks 1 and 2 goals and add the following to your healthy goals.

### GOAL 1: IMPLEMENT A SMART SHOPPING STRATEGY

This week, go to the grocery with a specific list of healthy foods - and don't deviate from it! If you are short on time, just buy what you need for that day, or stick with the healthy recipes in my 7-Day Meal Plan. The less junk food you have around, the less you will be tempted!

### GOAL 2: MAKE SURE YOU GET 7 PIECES OF PRODUCE PER DAY

This should be an easy one, but if you need a reminder - make it a goal to eat 7 pieces of produce every day! And give yourself a star when you do, because it's so good for you! Use the chart on [page 27](#) - it covers easy ways to sneak in more antioxidant-rich produce.

### GOAL 3: SWAP OUT SODA FOR HEALTHY BEVERAGES

Truly, this is one of the best things you can do for your health. Sodas - regular and diet - offer nothing up when it comes to your health. This may be a difficult one for those of you who drink a lot of soda, but at this point you should be drinking more water, which is a good baseline! But you can start slowly - replace soda two times this week with tea, water, seltzer, or a juice/seltzer combination. Then next week aim for three times, and so on, until soda, like fried foods, becomes an occasional treat!



# 28-Day Challenge

## WEEK 4

### Plan Ahead (And Celebrate!)

We wrap up the 28-Day Challenge with some fun strategies. I'm proud of you - you've made real changes to your health and diet over the past weeks!

#### GOAL 1: MEAL PLAN FOR THE ENTIRE WEEK

This is a fun one! Sit down one day this week and plan out what you want to eat starting next week! If you have already been following my 7-Day Meal Plan (on the next page), you can continue on with that, or branch out into the additional, bonus recipes, or scout out healthy recipes that you may have been craving (my [10-Week Whole Body Plan](#) has a customizable meal plan, and healthy recipes!).

#### GOAL 2: MEAL PREP FOR THE NEXT FEW DAYS

Once you meal plan, get shopping and chopping! Reserve a few hours on the weekend to chop up veggies and fruit for the next week; pre-measure dry ingredients and label what meals they are for, and cook up hearty grains that will stand up for a few days, such as brown rice. All this will make your actual cooking time so much more efficient, so even on busy weeknights you can still eat healthy.

#### GOAL 3: REWARD YOURSELF!

Congratulations - you did it! Buy yourself a new kitchen gadget, a new set of dish towels or a reusable water bottle... something to make your time in the kitchen a pleasure.

Denise Austin's  
**Stop  
The  
Clock**  
Nutrition Plan

# 7-Day Meal Plan





# 7-Day Meal Plan

## Your 7-Day Meal Plan

To make healthy eating easier for you, I worked with Michael Colangelo MS, CN, to create a 7-Day Meal Plan featuring foods that are healthy and nutritious. Each day provides three meals and two snacks, and focuses on ingredients you either probably already have, or can easily get at a local grocery store. The key is to make eating healthy and accessible, so there's no excuse not to try it!

My meal plan features healthy aging foods such as soy, fish, nuts, flaxseed and of course, lots of fruits and veggies! It provides an ideal balance of protein, carbohydrates and healthy fats. Each daily menu also delivers approximately five to seven servings of antioxidant-rich fruits and vegetables, 1,000 milligrams of bone-building calcium and 25 grams of cancer-fighting fiber.

I hope this meal plan will give you some ideas of how to successfully incorporate all of the dietary strategies we've discussed into your daily life. The 1,800-calorie-per-day plan is designed for active women who want to lose weight gradually and safely - it is the perfect complement to anyone doing my [Stop The Clock Workout Plan](#).



# 7-Day Meal Plan

For those of you who are more sedentary or have more pounds to lose, I've also provided a 1,600-calories per-day option. Unless you have special circumstances that warrant it, I don't recommend dropping below 1,600 calories per day. If you're exercising (which you should be!), 1,600 is really the minimum number of calories you need to keep your body running in peak condition and to provide the vitamins and nutrients you need.

Regardless of what option you go with, there will most likely be some meals that you aren't able to follow to a T - and that's OK! Dining out is a fact of life for many of us, and the goal here is to help you make healthy choices, not beat yourself up. Use the portion guide on [page 79](#) so you have a visual understanding of how much is the right amount, and if you feel shy about asking the waiter for calorie or fat counts, err on the side of healthy: go for grilled fish, a small piece of lean beef or skinless chicken with veggies, and a salad dressing with olive oil and balsamic. You will be providing your body with healthy protein, nutrients, fiber and fats, and will help you adhere to my Stop The Clock Nutrition Plan.

If there are foods that you dislike or can't eat due to allergies, feel free to substitute one meal for another or modify recipes slightly. I've included extra recipes in the appendix at the end of this book that you can use as substitutes. But do try to maintain a similar calorie count and balance of foods. In other words, don't drop the apple and add an ice cream cone. Use your head! And as always, consult with your physician before making changes to your eating habits, especially if you have pre-existing conditions.



# 7-Day Meal Plan

## 7-Day Meal Plan Shopping List

My 7-Day Stop The Clock Meal Plan is designed for one person, and is intended to be repeated for four weeks. The list is a general one that allows for one week's worth of perishable foods, so feel free to double up or buy in bulk to reduce packaging waste and minimize the cost that sometimes comes with buying smaller amounts of foods. Except for perishables, larger amounts that are more cost-effective are the way to go!

If you're cooking for a family, simply multiply the quantities in the shopping list and recipes accordingly. Many of the ingredients come in packages that are larger than what is needed for the 7-Day Meal Plan - and you may want to make several servings anyway, regardless of the number of mouths you have to feed. Leftovers can be a great incentive to continue your healthy eating habits in the weeks to come. Consider it an investment toward your new, healthy pantry and lighter, younger, livelier lifestyle!

Also read through the recipes before going shopping - there are some suggestions for making your own dressings and dips, and you can substitute different meats or tofu depending on your preferences. Simply adjust the list on the next page to create your own personalized meal plan!



# 7-Day Meal Plan

## Staples

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- STEEL-CUT OATMEAL** - 1 canister (about 18 oz)
- IRISH OATMEAL** - 1 small canister
- ALMONDS** - 1 small package (about 2.5 oz)
- WALNUTS** - 1 small package, raw (about 2.3 oz)
- GOLDEN RAISINS** - 1 small box
- DRIED APRICOTS** - 5 apricots or 1 small package
- PRUNES** - 5 prunes or 1 small package
- DRIED COCONUT** - 1 small package (unsweetened)
- EXTRA VIRGIN OLIVE OIL** - 1 bottle (about 17 oz)
- MINCED GARLIC** - 1 small jar
- MINCED OR GRATED GINGER** - 1 small jar (about 4 oz)
- SALSA** - 1 jar, any type
- PIZZA SAUCE** - 1 jar, no sugar added (about 14 oz)
- TOMATO SAUCE** - 1 jar, no sugar added (about 26 oz)
- BROWN RICE** - 1 small package
- QUINOA** - 1 box (about 12 oz)
- COUSCOUS** - 1 box (about 10 oz)
- QUICK COOKING BARLEY** - 1 box (about 10 oz)
- MAYONNAISE** - 1 small jar
- TAHINI** - 1 small jar
- SOY SAUCE** - 1 small jar
- MANDARIN ORANGES** - 1 small can (about 6 oz)
- SOBA NOODLES** - 1 package (usually comes with three servings)
- WHEAT PASTA** - 1 box (about 12 oz)
- JUMBO PASTA SHELLS** - 1 box (about 12 oz)
- SPICY STEWED TOMATOES** - 1 can (about 14.5 oz)
- BEAN DIP** - 1 small container or can (about 9 oz)
- BLACK BEANS** - 1, 12 oz can
- TUNA** - 1 can, water-packed (about 3 oz)



# 7-Day Meal Plan

## Staples (continued)

---

**SALMON** - 1 can (about 7.5 oz)

**NUT BUTTER** - 1 jar (about 12 oz) of almond, cashew or peanut butter

**MAPLE SYRUP** - 1 small jar

**BROWN SUGAR** - 1 small box

## Perishables (Dairy)

---

**MILK** - 1 half gallon

**ALMOND MILK** - 1 half gallon (preferably unsweetened and calcium fortified)

**CALCIUM-FORTIFIED ORANGE JUICE** - 1 quart

**VANILLA YOGURT** - 3, 8-oz containers

**LEMON YOGURT** - 1, 8-oz container

**CHEDDAR CHEESE** - 1 small package, shredded (about 8 oz)

**CHEDDAR CHEESE** - 1 small package, sliced (about 12 oz)

**PART-SKIM MOZZARELLA CHEESE** - 1, 8-oz package

**PART-SKIM RICOTTA** - 1 small container (about 15 oz)

**GRATED PARMESAN** - 1 small bag or container (about 5 oz)

**FETA CHEESE** - 1 small container (about 5 ounces)

**COTTAGE CHEESE** - 1 small container (about 6 ounces)

## Perishables (Fruits)

---

**BLUEBERRIES** - 4 pints fresh (or 3 12-oz bags frozen)

**BANANAS** - 3 medium (about 5 inches)

**APPLES** - 2 medium

**LIME** - 1

**LEMON** - 1

**PEAR** - 1

**RED OR PURPLE GRAPES** - 1 bunch

**ORANGES** - 2

**PINK GRAPEFRUITS** - 2





# 7-Day Meal Plan

## Perishables (Vegetables)

---

**AVOCADO** - 2

**SPINACH** - 2, 10-oz bags pre-washed

**BROCCOLI** - 2 heads (about 3 pounds total)

**BABY CARROTS** - 1, 16-oz bag

**MUSHROOMS** - 1, 10-oz package

**PEPPERS** - 2, any color

**BAKING POTATOES** - 2 medium (about 4 inches)

**GREEN BEANS** - 4 oz (or 1, 9-oz box frozen)

**ZUCCHINI** - 2 medium

**SWEET POTATO** - 1 medium (about 4 inches)

**ONIONS** - 2 medium

**LETTUCE** - 1 small head (or 1, 10-oz bag pre-washed)

**TOMATO** - 2 medium

**CUCUMBER** - 1 medium

**CELERY** - 1 package

## Frozen Foods

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**BLACK BEAN PATTIES** - look for a version that is organic (4 patties)

**SPINACH** - 1 bag (about 10 oz)

**EDAMAME** - 1 bag (about 12 oz)

## Breads

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**WHOLE-GRAIN BREAD** - 1 loaf

**WHOLE-WHEAT PITAS** - 1 package

**WHOLE-GRAIN CRACKERS** - 1 small box





# 7-Day Meal Plan

## Meat & Fish

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**EGGS** - half dozen (choose omega-3 enriched eggs if possible)

**SKINLESS CHICKEN BREAST** - 1, 5-oz piece and 1, 3-oz piece

**SALMON** - 1, 6-oz piece

**SIRLOIN TIPS** - 1, 4-oz piece

**SHRIMP** - 3 oz

**COD** - roughly 1, 6-oz piece

## Other

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**HUMMUS** - 1, 7-oz container

**CORN TORTILLAS** - 1 small package of 6-inch tortillas (about 10 oz)

**SOY NUTS** - 1 small package (about 5 oz)

**GROUND FLAXSEED** - buy whole seeds and grind them or buy preground flaxseed meal

**CHIA SEEDS** - 1 small package

## Beverages

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**GREEN TEA** - 1 box (about 20 teabags)

**HERBAL TEA** - 1 box, any flavor (about 20 tea bags)

**SPARKLING WATER/ SELTZER WATER** - 4, 1-liter bottles

**ICED TEA** - 1 small 3-oz jar instant or 2 16-oz bottles ready-made

**100% CRANBERRY JUICE** - 1 small 6-oz bottle

## Seasonings

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**CINNAMON** - 1 small jar

**FAJITA SEASONING** - 1 small package

**SESAME GINGER DRESSING** - 1 bottle

**VINAIGRETTE** - 1 bottle

**ITALIAN SEASONING** - 1 small package

**CAJUN SEASONING** - 1 small jar

**DRIED THYME** - 1 small jar



# 7-Day Meal Plan

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

## Day 1

**Healthy Aging  
Oatmeal**

**Green tea  
with a splash  
of orange juice**

PAGE 96

SEE RECIPES

**Banana Split  
Sparkling water**

PAGE 97

SEE RECIPES

**Quick and Easy  
Spicy Black Bean  
Burger Sandwich**

**Apple**

**Water with a  
splash of lime**

PAGE 98

SEE RECIPES

**Pear  
Almond milk**

PAGE 99

SEE RECIPES

**Spring Chicken  
Stir-Fry**

**Green tea  
with lemon**

PAGE 100

SEE RECIPES

## Day 2

**Get-Up-and-Go  
Breakfast**

**Green tea with  
a splash of 100%  
cranberry juice**

PAGE 102

SEE RECIPES

**Fruit "Take Five"**

**Herbal tea**

PAGE 103

SEE RECIPES

**Veggie Potato  
Orange**

**Sparkling water**

PAGE 104

SEE RECIPES

**Hummus  
and Carrots  
Cheddar Cheese  
Sparkling water**

PAGE 105

SEE RECIPES

**Ragin' Cajun  
Salmon  
with Quinoa**

**Iced tea  
with lemon**

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## Day 3

**Sunrise Smoothie**

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**Hummus-Stuffed  
Egg Whites**

**Cucumber**

**Sparkling water**

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SEE RECIPES

**Pita Pizza  
Iced tea with lime**

PAGE 110

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**Soy Nut  
and Raisin Mix**

**Ice water**

PAGE 111

SEE RECIPES

**Fajitas  
Florida orange  
juice with seltzer**

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SEE RECIPES

# 7-Day Meal Plan

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

## Day 4

**4-Minute Grains**

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**Avocado Toast  
with Tomato  
and Feta**

Tea

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**Tuna Wrap  
Orange  
Sparkling water**

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**Bell Pepper  
and White Bean  
Dip**

Almond milk

PAGE 117

SEE RECIPES

**Chicken and  
Veggie Kabobs**

Sweet Potato  
Wedges

Green tea

PAGE 118

SEE RECIPES

## Day 5

**Warm Quinoa  
Breakfast Bowl**

Green tea  
with lemon

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SEE RECIPES

**Avocado Half  
with Tahini  
and Lemon**

Herbal Tea

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**Spinach-Stuffed  
Pasta Shells**

Apple  
Sparkling water

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**Very Berry  
Smoothie**

PAGE 123

SEE RECIPE

**Frittata Italiano  
Potato Wedges**

Iced tea with lime

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## Day 6

**Simple Sunrise  
Sandwich**

1/2 pink grapefruit

Seltzer water  
with a splash of  
orange juice

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**Celery and  
Peanut Butter**

Green tea

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SEE RECIPES

**Seafood  
Spinach Salad**

Whole-grain  
crackers

Seltzer water

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**Cinnamon Nut  
Cottage Cheese**

Ice water

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SEE RECIPES

**Shrimp and Soba  
Noodle Stir Fry**

Green tea

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SEE RECIPES

# 7-Day Meal Plan

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

## Day 7

**Breakfast Tostada**

**Green tea  
with lemon**

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**1 pink grapefruit**

**Water**

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**Power Pasta  
Sparkling water**

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**Edamame  
Apple  
Iced green tea**

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**Cod with  
Tomatoes  
and Spinach**

**Herbal tea**

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[SEE RECIPES](#)



# 7-Day Meal Plan

## DAY 1 Breakfast

### HEALTHY AGING OATMEAL

### GREEN TEA WITH A SPLASH OF ORANGE JUICE

#### Healthy Aging Oatmeal

---

##### INGREDIENTS

1/4 cup steel-cut oats (use certified gluten-free oats if following a gluten-free diet)

4 ounces whole milk

1 tablespoon ground flaxseed

Dash of cinnamon

Pinch of salt

½ cup fresh or frozen blueberries

##### DIRECTIONS

---

Put oatmeal, milk, flaxseed, salt and cinnamon in a pot. Stir and cook as directed on the oatmeal package. Top with the blueberries. This is my favorite way to start the day!

##### NUTRITIONAL INFORMATION

---

Calories 324  
Fat 8g  
Protein 12g  
Fiber 7g  
Calcium 175mg





# 7-Day Meal Plan

## DAY 1 Mid-Morning Snack

### BANANA SPLIT

### 8-OUNCE GLASS OF SPARKLING WATER

### Banana Split

---

#### INGREDIENTS

1 8-ounce container of vanilla yogurt  
1 5-inch banana  
Dash of cinnamon  
1 teaspoon chia seeds

---

#### DIRECTIONS

Slice banana and mix with yogurt and chia in a bowl; top with a dash of cinnamon.

---

#### NUTRITIONAL INFORMATION

Calories 324  
Fat 9g  
Protein 11g  
Fiber 5g  
Calcium 360mg



# 7-Day Meal Plan

## DAY 1 Lunch

### QUICK AND EASY SPICY BLACK BEAN BURGER SANDWICH

APPLE

WATER WITH SPLASH OF LIME

### Spicy Black Bean Sandwich

---

#### INGREDIENTS

- 1 frozen black bean patty (use a burger that is soy-protein free)
  - 2 slices whole-grain bread
  - ½ cup spinach leaves
  - ¼ cup salsa
- 

#### DIRECTIONS

Cook patty according to package directions. Place on one slice of whole-grain bread and top with spinach leaves, salsa and remaining slice of bread. Enjoy this quick go-to lunch with an apple!

---

#### NUTRITIONAL INFORMATION

Calories 392  
Fat 7g  
Protein 14g  
Fiber 15g  
Calcium 119mg





# 7-Day Meal Plan

## DAY 1 Mid-Afternoon Snack

### PEAR AND ALMOND MILK

#### Pear and Almond Milk

---

##### INGREDIENTS

1 medium pear

$\frac{3}{4}$  cup almond milk (preferably unsweetened and calcium fortified)

---

##### NUTRITIONAL INFORMATION

Calories 156  
Fat 2g  
Protein 2g  
Fiber 7g  
Calcium 360mg



# 7-Day Meal Plan

## DAY 1 Dinner

### SPRING CHICKEN STIR FRY

### GREEN TEA WITH LEMON

### Spring Chicken Stir Fry

---

#### INGREDIENTS

5 ounces skinless chicken breast, cut into 1/2-inch cubes (substitute tofu if you don't eat chicken)

1 tablespoon extra virgin olive oil

1/2 teaspoon minced garlic

1/2 teaspoon grated ginger

1/2 cup chopped broccoli

1/2 cup chopped carrots

1/2 cup chopped mushrooms

1/2 cup chopped peppers

1 cup cooked brown rice

---

#### DIRECTIONS

Saute the chicken in the olive oil with the garlic and ginger for 4 minutes. Add broccoli, carrots, mushrooms and peppers. Cook until vegetables are tender. Serve over the brown rice.

---

#### NUTRITIONAL INFORMATION

Calories 639  
Fat 20.84g  
Protein 46.11g  
Fiber 7.32g  
Calcium 79.05mg





# 7-Day Meal Plan

Are you  
**done today?**

**Day 2**

PAGE 93

SEE MENU

## DAY 1 Summary

If you're following the 1,600-calorie plan, make the following changes:

### DINNER

Use 3 ounces of chicken

### DINNER

Use two-thirds cup of cooked brown rice

## Day 1 Totals – 1,800 Calorie Meal Plan

---

Calories 1,836  
Fat 47g  
Protein 85g  
Fiber 41g  
Calcium 1,093mg

## Day 1 Totals – 1,600 Calorie Meal Plan

---

Calories 1,625  
Fat 44g  
Protein 72g  
Fiber 40g  
Calcium 1,083mg





# 7-Day Meal Plan

## DAY 2 Breakfast

### GET-UP-AND-GO BREAKFAST

### GREEN TEA WITH A SPLASH OF 100% CRANBERRY JUICE

#### Get-Up-and-Go Breakfast

---

##### INGREDIENTS

- 1 slice whole-grain bread
- 1 tablespoon cashew butter
- 1 cup red or purple grapes

##### DIRECTIONS

---

Toast bread and top with cashew butter. Serve with grapes for a quick breakfast that will keep you fueled throughout the morning!

##### NUTRITIONAL INFORMATION

---

Calories 224  
Fat 9g  
Protein 7g  
Fiber 4g  
Calcium 47mg





# 7-Day Meal Plan

## DAY 2

## Mid-Morning Snack

### FRUIT “TAKE FIVE”

### HERBAL TEA

### Fruit “Take Five”

---

#### INGREDIENTS

5 dried apricots  
5 prunes  
1/4 cup golden raisins  
Splash of Florida orange juice  
Dash of cinnamon

---

#### DIRECTIONS

Mix together apricots, prunes, raisins, orange juice and cinnamon, place in a small pan and heat over low temperature until soft. Serve immediately. A delicious high-fiber start to your day!

---

#### NUTRITIONAL INFORMATION

Calories 255  
Fat 3g  
Protein 0.5g  
Fiber 6g  
Calcium 48.6mg





# 7-Day Meal Plan

## DAY 2 Lunch

**VEGGIE POTATO**

**ORANGE**

**8-OUNCE GLASS SPARKLING WATER**

### Veggie Potato

---

#### INGREDIENTS

15-ounce baked potato

½ cup broccoli

½ cup shredded cheddar cheese

---

#### DIRECTIONS

Top baked potato with broccoli and cheese. Place under broiler until cheese melts. Slice the orange and serve for dessert.

---

#### NUTRITIONAL INFORMATION

Calories 461  
Fat 19g  
Protein 21g  
Fiber 9g  
Calcium 524mg





# 7-Day Meal Plan

## DAY 2 Mid-Afternoon Snack

### HUMMUS AND CARROTS

1-OUNCE CHEDDAR CHEESE

8-OUNCE GLASS SELTZER

### Hummus and Carrots

---

#### INGREDIENTS

½ cup hummus (store bought or see recipe on [page 172](#))

10 baby carrots

1 oz of cheddar cheese

---

#### DIRECTIONS

Enjoy this delicious Middle Eastern dip with carrots instead of chips. Enjoy with a slice of your favorite cheddar cheese. This snack always perks me up!

---

#### NUTRITIONAL INFORMATION

Calories 353  
Fat 21g  
Protein 17g  
Fiber 10g  
Calcium 283mg



# 7-Day Meal Plan

## DAY 2 Dinner

### RAGIN' CAJUN SALMON WITH QUINOA

### ICED TEA WITH LEMON

#### Ragin' Cajun Salmon with Quinoa

---

##### INGREDIENTS

1 6-ounce piece salmon filet  
Cajun seasoning  
1 cup quinoa  
1 cup green beans  
1 teaspoon extra virgin olive oil  
½ teaspoon minced garlic

---

##### DIRECTIONS

Coat the salmon in Cajun spices and broil, about 3 or 4 minutes on each side for a ½-inch thick piece (cooking time will vary depending on the thickness of the fish). Cook the quinoa according to package directions. Sauté the green beans in the olive oil and garlic. Place the quinoa on a plate and top with the fish, add the green beans and enjoy!

---

##### NUTRITIONAL INFORMATION

Calories 560  
Fat 21g  
Protein 48g  
Fiber 8g  
Calcium 86mg





# 7-Day Meal Plan

Are you  
**done today?**

**Day 3**

PAGE 93

SEE MENU

## DAY 2 Summary

If you're following the 1,600-calorie plan, make the following changes:

### LUNCH

Use half an orange and a 4-ounce potato

### DINNER

Use 4 ounces of salmon and  $\frac{3}{4}$  cup cooked quinoa

### Day 2 Totals – 1,800 Calorie Meal Plan

---

Calories 1,853  
Fat 73g  
Protein 93.5g  
Fiber 37g  
Calcium 989mg

### Day 2 Totals – 1,600 Calorie Meal Plan

---

Calories 1,648  
Fat 68g  
Protein 77.5g  
Fiber 34g  
Calcium 943mg





# 7-Day Meal Plan

## DAY 3 Breakfast

### SUNRISE SMOOTHIE

#### Sunrise Smoothie

---

##### INGREDIENTS

8 ounces milk  
1 8-ounce container lemon yogurt  
½ cup blueberries  
1 tablespoon ground flaxseed

---

##### DIRECTIONS

Blend all of the ingredients until smooth. Pour, drink and dive into a great day.

---

##### NUTRITIONAL INFORMATION

Calories 434  
Fat 16g  
Protein 18g  
Fiber 5g  
Calcium 600mg





# 7-Day Meal Plan

## DAY 3 Mid-Morning Snack

### HUMMUS STUFFED EGG WHITES

### CUCUMBER

### 8-OUNCE GLASS OF SELTZER

### Hummus Stuffed Egg Whites

---

#### INGREDIENTS

2 hard-boiled eggs

3 tablespoons White Bean Hummus (see [page 172](#)) or any store bought hummus

¼ small cucumber, sliced

---

#### DIRECTIONS

Slice the eggs in half lengthwise. Discard the yolks. Spoon the hummus into the centers of the egg whites. Slice cucumber to desired thickness. Enjoy!

---

#### NUTRITIONAL INFORMATION

Calories 133  
Fat 7g  
Protein 11g  
Fiber 3g  
Calcium 47mg





# 7-Day Meal Plan

## DAY 3 Lunch

### PITA PIZZA

### ICED TEA WITH LIME

#### Pita Pizza

---

##### INGREDIENTS

- 1 whole-wheat pita
  - ¼ cup chunky pizza sauce (choose a “no sugar added” brand)
  - ½ cup raw spinach leaves
  - ½ cup shredded part-skim mozzarella
- 

##### DIRECTIONS

Divide pita into two halves. Top each half with equal amounts of pizza sauce, spinach leaves and cheese. Broil until cheese melts.

---

##### NUTRITIONAL INFORMATION

Calories 350  
Fat 13.9g  
Protein 15.5g  
Fiber 6.1g  
Calcium 301.5mg



# 7-Day Meal Plan

## DAY 3 Mid-Afternoon Snack

### SOY NUT AND RAISIN MIX

### ICE WATER

### Soy Nut and Raisin Mix

---

#### INGREDIENTS

½ cup roasted soy nuts

½ cup golden raisins

---

#### DIRECTIONS

Snack on these nutrient-packed nuts and raisins for instant energy.

---

#### NUTRITIONAL INFORMATION

Calories 351  
Fat 6.3g  
Protein 19.9g  
Fiber 9.7g  
Calcium 119.4mg



# 7-Day Meal Plan

## DAY 3 Dinner

### FAJITAS

### FLORIDA ORANGE JUICE WITH SELTZER

#### Fajitas

---

##### INGREDIENTS

- 1 4-ounce piece sirloin tip, thinly sliced (substitute chicken or tofu if you don't eat red meat)
  - 2 teaspoons extra virgin olive oil
  - Fajita seasonings
  - 1/2 cup thinly sliced red and green peppers
  - 1/2 cup thinly sliced onion
  - 2 corn tortillas
  - 2 tablespoons salsa
- 

##### DIRECTIONS

Saute sirloin and fajita seasonings in olive oil. When the meat is done, remove it from the heat and in the same pan saute peppers and onions until slightly soft. Add meat back to the pan and heat for 1 minute. Divide equally between two corn tortillas. Add 1 tablespoon salsa to each tortilla. Roll up and enjoy!

#### Orange Juice with Seltzer

---

##### INGREDIENTS

- 3 ounces calcium-fortified Florida orange juice
  - 3 ounces seltzer
- 

##### DIRECTIONS

Mix seltzer and orange juice for a refreshing drink.

##### NUTRITIONAL INFORMATION

Calories 566  
Fat 17.3g  
Protein 38.6g  
Fiber 6.2g  
Calcium 342mg





# 7-Day Meal Plan

Are you  
**done today?**

**Day 4**

PAGE 94

SEE MENU

## DAY 3 Summary

If you're following the 1,600-calorie plan, make the following changes:

### MID-AFTERNOON SNACK

Have 1/4 cup each soy nuts and raisins

### DINNER

Drink plain seltzer-skip the orange juice

---

## Day 3 Totals - 1,800 Calorie Meal Plan

Calories 1,837  
Fat 60g  
Protein 103g  
Fiber 30g  
Calcium 1,409mg

---

## Day 3 Totals - 1,600 Calorie Meal Plan

Calories 1,659  
Fat 59g  
Protein 92g  
Fiber 24g  
Calcium 1,214mg





# 7-Day Meal Plan

## DAY 4 Breakfast

### 4-MINUTE GRAINS

#### 4-Minute Grains

---

##### INGREDIENTS

3 tablespoons quick-cooking barley

3 tablespoons Irish oatmeal

2/3 cup water

Ground cinnamon to taste

1/4 cup raisins (or any dried fruit)

1 tablespoon raw walnuts

---

##### DIRECTIONS

Combine the barley, oats, and water in a microwave safe bowl and microwave for 2 minutes. Add the cinnamon and raisins and microwave for 2 more minutes. Top with walnuts and serve.

---

##### NUTRITIONAL INFORMATION

Calories 423  
Fat 7g  
Protein 11g  
Fiber 13g  
Calcium 43mg





# 7-Day Meal Plan

## DAY 4 Mid-Morning Snack

### AVOCADO TOAST WITH SLICED TOMATO AND FETA

### 1 CUP TEA

#### Avocado Toast with Sliced Tomato and Feta

---

##### INGREDIENTS

- 1 slice of multigrain bread
  - ½ large ripe avocado
  - 1 oz feta cheese
  - 2 slices tomato
- 

##### DIRECTIONS

Toast one slice of multigrain bread. Mash avocado with feta and spread on toast. Add tomato slices, salt and pepper to taste. Squeeze some lemon on the second half of avocado and store in an airtight container for tomorrow's snack!

---

##### NUTRITIONAL INFORMATION

Calories 313  
Fat 22g  
Protein 10g  
Fiber 9g  
Calcium 184mg





# 7-Day Meal Plan

## DAY 4 Lunch

**TUNA WRAP**

**ORANGE**

**8-OUNCE GLASS OF SPARKLING WATER**

### Tuna Wrap

---

#### INGREDIENTS

1 3-ounce can water-packed tuna  
2 tablespoon mayonnaise  
1/2 cup shredded romaine lettuce  
1 slice red or white onion  
¼ cup celery stalk, chopped  
Squeeze of lemon  
¼ teaspoon dried thyme or ½ teaspoon fresh  
1 whole-wheat pita

---

#### DIRECTIONS

Mix together tuna, mayonnaise, celery, lemon and thyme. Place onion slice and lettuce in pita, then add tuna mixture. Enjoy with an orange!

---

#### NUTRITIONAL INFORMATION

Calories 418  
Fat 22g  
Protein 21g  
Fiber 6g  
Calcium 104mg





# 7-Day Meal Plan

## DAY 4 Mid-Afternoon Snack

### BELL PEPPER AND WHITE BEAN DIP

8-OUNCE GLASS ALMOND MILK (PREFERABLY UNSWEETENED AND CALCIUM FORTIFIED)

### Bell Pepper and White Bean Dip

#### INGREDIENTS

½ cup White Bean Dip (see recipe on [page 172](#)) or store-bought  
1 medium red bell pepper  
Red pepper flakes (optional)

#### DIRECTIONS

A healthy take on chips and dip - add some red pepper flakes for extra spice!

#### NUTRITIONAL INFORMATION

Calories 295  
Fat 21g  
Protein 10g  
Fiber 11g  
Calcium 550mg





# 7-Day Meal Plan

## DAY 4 Dinner

### CHICKEN AND VEGGIE KABOBS

### SWEET POTATO WEDGES

### GREEN TEA

#### Chicken and Veggie Kabobs

---

##### INGREDIENTS

1 3-ounce piece skinless chicken, cut into cubes (substitute tofu if you don't eat chicken)

1 cup mixed zucchini, mushrooms and yellow peppers, cut into chunks

Sesame Ginger Dressing (see recipe on [page 173](#)), or store bought

---

##### DIRECTIONS

Thread chicken and veggies on a skewer and allow to marinate in the sesame ginger dressing for at least 1 hour. Heat up the grill and cook the kabob until the chicken is cooked through, about 7 minutes per side, depending on the thickness of the chicken.

#### Sweet Potato Wedges

---

##### INGREDIENTS

1/2 sweet potato, cut into wedges

2 teaspoons extra virgin olive oil

---

##### DIRECTIONS

Brush the sweet potato wedges with olive oil and bake at 450 degrees until done, about 40 to 45 minutes. Turning them halfway.

##### NUTRITIONAL INFORMATION

Calories 387  
Fat 21g  
Protein 31g  
Fiber 4g  
Calcium 42mg





# 7-Day Meal Plan

Are you  
**done today?**

**Day 5**

PAGE 94

SEE MENU

## DAY 4 Summary

If you're following the 1,600-calorie plan, make the following changes:

### LUNCH

Use 1 tablespoon of mayo and eat half an orange

### DINNER

Skip the sweet potato wedges

### Day 4 Totals – 1,800 Calorie Meal Plan

---

Calories 1,836  
Fat 93g  
Protein 83g  
Fiber 43g  
Calcium 923mg

### Day 4 Totals – 1,600 Calorie Meal Plan

---

Calories 1,653  
Fat 83g  
Protein 82g  
Fiber 40g  
Calcium 872mg





# 7-Day Meal Plan

## DAY 5 Breakfast

### WARM QUINOA BREAKFAST BOWL

### GREEN TEA WITH LEMON

### Warm Quinoa Breakfast Bowl

---

#### INGREDIENTS

- ¼ cup uncooked quinoa, rinsed
  - ½ cup unsweetened almond milk
  - 1 tablespoons unsweetened dried coconut
  - ½ tablespoon maple syrup (or honey or coconut nectar)
  - ¼ teaspoon cinnamon
  - ½ banana, sliced
  - 1 ½ tablespoons slivered almonds
- 

#### DIRECTIONS

In a small saucepan, combine the quinoa and milk. Bring to a boil over medium-high heat. Reduce the heat to low, cover the pan, and simmer the quinoa for 15 minutes. While the quinoa is cooking, toast the coconut. Spread the coconut in a single layer on a baking sheet and toast until golden, about 2 minutes. (Watch the coconut carefully - it burns very easily!) Stir the maple syrup and cinnamon into the quinoa and pour into a bowl. Top with toasted coconut, banana slices and slivered almonds.

---

#### NUTRITIONAL INFORMATION

Calories 343  
Fat 12g  
Protein 10g  
Fiber 7g  
Calcium 292mg





# 7-Day Meal Plan

## DAY 5 Mid-Morning Snack

### AVOCADO HALF WITH TAHINI AND LEMON

#### Avocado Half with Tahini and Lemon

---

##### INGREDIENTS

½ large avocado

1 tablespoon roasted Tahini (or toasted sesame seeds)

Squeeze of lemon

Salt and pepper to taste

---

##### DIRECTIONS

Cut large avocado in half, remove skin and slice, drizzle Tahini over avocado slices, add a squeeze of lemon and sprinkle with salt and pepper.

---

##### NUTRITIONAL INFORMATION

Calories 251  
Fat 23g  
Protein 5g  
Fiber 8g  
Calcium 76mg





# 7-Day Meal Plan

## DAY 5 Lunch

### SPINACH-STUFFED PASTA SHELLS

### APPLE

### 8-OUNCE GLASS OF SPARKLING WATER

### Spinach-Stuffed Pasta Shells

---

#### INGREDIENTS

½ cup frozen spinach, thawed

½ cup part-skim ricotta

2 jumbo pasta shells (cooked)

½ cup chunky tomato sauce (choose “no sugar added” brand)

2 tablespoons grated Parmesan cheese

---

#### DIRECTIONS

Mix together spinach and ricotta. Divide equally and spoon into pasta shells. Add sauce and cheese. Place in a baking dish, cover with foil and bake at 350 degrees for 15 minutes. You can make this ahead of time and bring with you to work and easily reheat in the microwave!

---

#### NUTRITIONAL INFORMATION

Calories 518

Fat 15.1g

Protein 34.2g

Fiber 9.4g

Calcium 664.7mg





# 7-Day Meal Plan

## DAY 5 Mid-Afternoon Snack

### VERY BERRY SMOOTHIE

#### Very Berry Smoothie

---

##### INGREDIENTS

½ cup berries (your choice)

4 ounces milk

6 ounces orange juice

---

##### DIRECTIONS

Blend together all three ingredients until smooth. Pour and enjoy!

---

##### NUTRITIONAL INFORMATION

Calories 194  
Fat 5g  
Protein 5g  
Fiber 3g  
Calcium 382mg



# 7-Day Meal Plan

## DAY 5 Dinner

### FRITTATA ITALIANO

### POTATO WEDGES

### ICED TEA WITH LIME

#### Frittata Italiano

---

##### INGREDIENTS

- ¼ cup zucchini, chopped
- ¼ cup mushrooms, chopped
- ¼ cup peppers, chopped
- 1 teaspoon extra virgin olive oil
- ½ teaspoon minced garlic
- 3 eggs
- 2 tablespoons water
- Dash of pepper
- Dash Italian seasoning
- 1 tablespoon grated Parmesan cheese

##### DIRECTIONS

Saute zucchini, mushrooms and peppers in olive oil and garlic. In a separate bowl beat eggs with water. Pour egg mixture over vegetables. Sprinkle with pepper, Italian seasoning and cheese. Cook on low heat until set.

---

##### NUTRITIONAL INFORMATION

Calories 516  
Fat 26.2g  
Protein 24.9g  
Fiber 3.5g  
Calcium 161.5mg

#### Potato Wedges

---

##### INGREDIENTS

- 1 4-ounce baked potato
- 2 teaspoons extra virgin olive oil

##### DIRECTIONS

Cut potato into wedges and saute with olive oil in a small pan until hot.





# 7-Day Meal Plan

Are you  
**done today?**

**Day 6**

PAGE 94

SEE MENU

## DAY 5 Summary

If you're following the 1,600-calorie plan, make the following changes:

### BREAKFAST

Skip the slivered almonds

### LUNCH

Skip the apple

### Day 5 Totals - 1,800 Calorie Meal Plan

---

Calories 1,822  
Fat 81g  
Protein 79g  
Fiber 30.5g  
Calcium 1,576mg

### Day 5 Totals - 1,600 Calorie Meal Plan

---

Calories 1,668  
Fat 76g  
Protein 77g  
Fiber 25.5g  
Calcium 1,538mg





# 7-Day Meal Plan

## DAY 6 Breakfast

### SIMPLE SUNRISE SANDWICH

½ PINK GRAPEFRUIT

SELTZER WATER WITH A SPLASH OF ORANGE JUICE

### Simple Sunrise Sandwich

---

#### INGREDIENTS

1 black bean patty  
1 slice cheddar cheese  
1 tablespoon salsa  
1 mini whole-wheat pita

---

#### DIRECTIONS

Cook the bean patty according to package directions. Top with cheddar cheese. Slide into pita and add salsa. A spicy start to a new day!

---

#### NUTRITIONAL INFORMATION

Calories 370  
Fat 15g  
Protein 16g  
Fiber 8g  
Calcium 267mg





# 7-Day Meal Plan

## DAY 6 Mid-Morning Snack

**CELERY AND PEANUT BUTTER (OR ALMOND BUTTER)**

**1 CUP GREEN TEA**

### Celery and Peanut Butter

---

#### INGREDIENTS

3 large celery stalks

2 tablespoons peanut butter

---

#### NUTRITIONAL INFORMATION

Calories 230  
Fat 16g  
Protein 9g  
Fiber 4g  
Calcium 89mg





# 7-Day Meal Plan

## DAY 6 Lunch

### SEAFOOD SPINACH SALAD

### 4 WHOLE-GRAIN CRACKERS

### SPARKLING WATER

### Seafood Spinach Salad

---

#### INGREDIENTS

- 2 cups baby spinach leaves
  - 1 3-ounce can salmon with bones
  - ½ cup mandarin oranges
  - 2 tablespoons chopped walnuts
  - 2 tablespoons vinaigrette (store bought)
- 

#### DIRECTIONS

Toss together spinach, salmon, mandarin oranges, and walnuts. Dress with your favorite vinaigrette. Serve with crackers and seltzer!

---

#### NUTRITIONAL INFORMATION

Calories 441  
Fat 22g  
Protein 26g  
Fiber 5g  
Calcium 313mg





# 7-Day Meal Plan

## DAY 6

## Mid-Afternoon Snack

### CINNAMON NUT COTTAGE CHEESE

### ICE WATER

### Cinnamon Nut Cottage Cheese

---

#### INGREDIENTS

3/4 cup cottage cheese

2 tablespoons chopped pecans (or any preferred nut, or chia/sunflower/pumpkin seeds)

Ground cinnamon

1 tablespoon raisins

---

#### DIRECTIONS

Sprinkle the cottage cheese with the raisins, nuts and cinnamon.

---

#### NUTRITIONAL INFORMATION

Calories 279

Fat 16g

Protein 20g

Fiber 2g

Calcium 156mg





# 7-Day Meal Plan

## DAY 6 Dinner

### SHRIMP AND SOBA NOODLE STIR FRY

### GREEN TEA

### Shrimp and Soba Noodle Stir Fry

---

#### INGREDIENTS

- 1 ½ cups soba noodles
  - 3 ounces shrimp
  - 1 tablespoon extra virgin olive oil
  - ½ teaspoon minced garlic
  - 1 cup steamed broccoli
  - 1 teaspoon soy sauce
- 

#### DIRECTIONS

Cook soba noodles according to package (note that soba noodles take less time to cook than other types of pasta). Saute shrimp in olive oil with minced garlic until pink. Add shrimp and steamed broccoli to the pasta. Drizzle with soy sauce. Serve piping hot!

---

#### NUTRITIONAL INFORMATION

Calories 527  
Fat 16g  
Protein 28g  
Fiber 5g  
Calcium 142mg





# 7-Day Meal Plan

Are you  
**done today?**

**Day 7**

PAGE 95

SEE MENU

## DAY 6 Summary

If you're following the 1,600-calorie plan, make the following changes:

### MID-AFTERNOON SNACK

Use ½ cup cottage cheese

### DINNER

Use half the amount of soba noodles

### Day 6 Totals – 1,800 Calorie Meal Plan

---

Calories 1,847  
Fat 85g  
Protein 99g  
Fiber 24g  
Calcium 967mg

### Day 6 Totals – 1,600 Calorie Meal Plan

---

Calories 1,649  
Fat 82g  
Protein 87g  
Fiber 24g  
Calcium 905mg





# 7-Day Meal Plan

## DAY 7 Breakfast

### BREAKFAST TOSTADA

### GREEN TEA WITH LEMON

### Breakfast Tostada

---

#### INGREDIENTS

- 1 whole egg plus 1 egg white
- ½ cup cooked black beans
- 1 corn tortilla
- ¼ of an avocado
- 4 grape tomatoes, halved or diced (or 2 Tbsp. salsa)
- 2 tablespoons chopped red onion (optional)
- ½ teaspoon salt

#### DIRECTIONS

---

Coat a small skillet with oil spray and heat over medium heat. In a bowl, whisk together the whole egg and egg white. Add the eggs to the skillet and scramble until fully cooked. Add the beans and salt and cook until warmed through. Warm the tortilla in a dry skillet. Top the tortilla with the egg-bean mixture and avocado. Sprinkle the tomatoes and onion (if using) on top.

#### NUTRITIONAL INFORMATION

---

Calories 355  
Fat 13g  
Protein 21g  
Fiber 14g  
Calcium 90mg





# 7-Day Meal Plan

**DAY 7**

## Mid-Morning Snack

**1 PINK GRAPEFRUIT**

**WATER**

Simple and energizing mid-morning pick-me-up with lots of vitamin C!

---

### **NUTRITIONAL INFORMATION**

Calories 80  
Fat 0.2g  
Protein 1.6g  
Fiber 2.8g  
Calcium 30mg





# 7-Day Meal Plan

## DAY 7 Lunch

### POWER PASTA

### 8-OUNCE GLASS OF SPARKLING WATER

#### Power Pasta

---

##### INGREDIENTS

- 1 cup dry wheat pasta
  - ½ cup broccoli
  - 1/2 cup part-skim ricotta
  - 2 tablespoons grated Parmesan cheese
  - 1 small tomato, sliced
- 

##### DIRECTIONS

Cook pasta according to package directions. While pasta is cooking, steam broccoli. Drain pasta and add broccoli, ricotta and Parmesan. Toss until thoroughly mixed. Serve with sliced tomato.

---

##### NUTRITIONAL INFORMATION

Calories 483  
Fat 14.7g  
Protein 30.6g  
Fiber 8.3g  
Calcium 565mg



# 7-Day Meal Plan

## DAY 7

## Mid-Afternoon Snack

### EDAMAME

### APPLE

### ICED GREEN TEA

### Edamame

---

#### INGREDIENTS

2 cups edamame in the pod

---

#### DIRECTIONS

Bring 6 cups of water to a boil. Add edamame to boiling water and cook for 5 minutes or until tender. Drain and rinse with cold water. Enjoy with an apple!

---

#### NUTRITIONAL INFORMATION

Calories 337  
Fat 11g  
Protein 25g  
Fiber 15g  
Calcium 150mg



# 7-Day Meal Plan

## DAY 7 Dinner

### COD WITH TOMATOES AND SPINACH

### HERBAL TEA

### Cod with Tomatoes and Spinach

---

#### INGREDIENTS

1 6-ounce piece Alaskan cod  
½ cup thinly sliced onions  
1 cup spicy stewed tomatoes  
2 cups fresh spinach leaves  
2 teaspoons olive oil  
Dash black pepper  
½ teaspoon minced garlic  
1 cup cooked brown rice

---

#### DIRECTIONS

Place fish in ovenproof dish. Top with onions and tomatoes. Cover with foil and bake at 350 degrees for 20 minutes or until fish flakes. While fish is cooking, saute spinach with olive oil, pepper and garlic. Serve with brown rice.

---

#### NUTRITIONAL INFORMATION

Calories 604  
Fat 15.3g  
Protein 43.1g  
Fiber 10.1g  
Calcium 292mg





# 7-Day Meal Plan

## DAY 7 Summary

If you're following the 1,600-calorie plan, make the following changes:

### BREAKFAST

Remove the avocado

### LUNCH

Use 1 tablespoon Parmesan cheese

### MID-AFTERNOON SNACK

Use 1 cup edamame

## Day 7 Totals - 1,800 Calorie Meal Plan

---

Calories 1,859  
Fat 54g  
Protein 121g  
Fiber 50g  
Calcium 1,127mg

## Day 7 Totals - 1,600 Calorie Meal Plan

---

Calories 1,622  
Fat 40.5g  
Protein 104.6g  
Fiber 40.2g  
Calcium 982mg



Denise Austin's  
**Stop  
The  
Clock**  
Nutrition Plan

# Bonus Recipes





# Bonus Recipes

As an added bonus, I've included healthy and delicious breakfast, lunch, dinner and dessert recipes, so you can feast fabulously after 40! Plus - two extra recipes from my 7-Day Plan that you can prepare at home. Enjoy!

## Breakfasts

I am a big fan of eating breakfast, and these offer up the fiber, protein and nutrients you need to start the day off right.





# Bonus Recipes

## BREAKFAST

### Get-Your-Veggies Omelet

---

#### INGREDIENTS

4 egg whites  
2 tablespoons water  
Cooking spray  
1 tablespoon chopped green onion  
2 tablespoons chopped tomato  
1/2 cup fresh spinach (or 1/4 cup cooked)  
1 ounce Swiss cheese, shredded  
2 tablespoons salsa

---

#### DIRECTIONS

Whisk egg whites with water until frothy. Spray nonstick skillet with cooking spray and place over medium heat until hot. Add egg mixture and cook for 5 minutes or until eggs begin to set. Sprinkle egg mixture with green onion, chopped tomato, spinach and skim Swiss cheese. Cook for another 2 minutes or until cheese melts. Top with any kind of salsa. I just love the taste of Swiss cheese and spinach in an omelet!

**Makes 1 serving**





# Bonus Recipes

## BREAKFAST

### Ginger Spiced Carrot Muffins

#### INGREDIENTS

2 cups all-purpose flour, sifted  
4 teaspoons baking powder  
Dash of salt  
1 tablespoon ground ginger  
1 teaspoon cinnamon  
1/3 cup brown sugar  
1 egg  
3/4 cup whole milk  
1/2 cup applesauce  
1/3 cup extra virgin olive oil  
1 cup grated carrots  
Cooking spray

#### DIRECTIONS

Preheat oven to 400 degrees. Combine sifted flour, baking powder, salt, ground ginger, cinnamon and brown sugar. In a separate bowl, mix egg, milk, applesauce and olive oil. Add carrots to milk mixture and whisk lightly into the flour mix. (Don't overmix.) Coat a muffin pan with cooking spray, then fill cups two-thirds full with batter. Bake for 18 minutes, then reduce heat to 350 degrees and bake for 5 more minutes.

**Makes 12 mini-muffins**





# Bonus Recipes

## BREAKFAST

### Green Chili and Turkey Sausage Scramble

---

#### INGREDIENTS

2 ounces turkey sausage (medium spice)  
4 eggs  
2 tablespoons chopped tomato  
2 ounces roasted green chili strips  
1 tablespoon green chopped onion  
1 tablespoon chopped cilantro  
2 ounces pepper jack cheese, shredded  
Cooking spray

---

#### DIRECTIONS

Cook sausage according to package directions, then cut into ½-inch thick pieces. In a small bowl, beat eggs with a fork. Add chopped tomato, chili, green onion, cilantro and cheese. Spray a small pan with cooking spray. Place over medium heat and add egg mixture. Stir eggs until cooked through.

**Makes 2 servings**





# Bonus Recipes

## BREAKFAST

### Oh, What a Beautiful Morning! Muesli

#### INGREDIENTS

- 1/2 cup muesli
- 1/2 cup water
- 1 tablespoon whole milk
- 1 teaspoon honey or brown sugar
- 1 tablespoon ground flaxseed
- 1/4 cup vanilla yogurt
- 3/4 cup fresh blueberries, strawberries or raspberries  
(or frozen and thawed)

#### DIRECTIONS

Cook or microwave muesli with water according to package directions. Add milk and sprinkle with honey or brown sugar. Top with ground flaxseed, vanilla yogurt and fresh berries. This is delicious with freshly squeezed orange or grapefruit juice.

**Makes 1 serving**





# Bonus Recipes

## Lunches

Make lunch count with these tasty ideas that will help banish the afternoon slump.





# Bonus Recipes

## LUNCH

### Caribbean Blackened Tuna Tacos with Mango Salsa

#### INGREDIENTS

- 2 tablespoons Caribbean jerk seasoning
- 4 tablespoons blackening spice
- 2 pounds fresh tuna steak (use red snapper if you can't find fresh tuna)
- 1 cup sliced mango
- 1 cup sliced pineapple
- 1 small red onion, diced
- 2 Roma tomatoes, diced
- 1/2 bunch cilantro, chopped
- 2 jalapeno peppers, finely chopped
- Juice of 1 lime
- 4 small flour tortillas
- 1/2 cup romaine lettuce, shredded

#### DIRECTIONS

Mix jerk seasoning and blackening spice, then rub onto tuna steaks. Let tuna marinate for at least 20 minutes. In a small bowl, mix mango, pineapple, onion, tomatoes, cilantro, peppers and lime juice and refrigerate. Grill tuna until light brown (about 2 minutes each side). Cut tuna into strips and place on tortillas, then top with shredded lettuce and mango mixture.

**Makes 4 servings**





# Bonus Recipes

## LUNCH

### Chilled-and-Grilled Mai Tai Shrimp with Mango Mustard

#### INGREDIENTS

- 12 jumbo shrimp, peeled
- 12 bamboo skewers
- Marinade:**
  - 1/2 cup rum
  - 1/2 cup grenadine syrup
  - 1 cup sweet-and-sour sauce
  - 1 teaspoon salt
- Mango mustard:**
  - 1 cup mango slices with juice
  - 1/3 cup Dijon mustard
  - 1 tablespoon rice vinegar
  - 2 tablespoons brown sugar

#### DIRECTIONS

Combine ingredients for marinade. Place peeled shrimp on skewer lengthwise (one shrimp per skewer). Pour marinade over skewers and let sit for 1 hour. Grill until shrimp is cooked, usually about 1 to 2 minutes on each side. Refrigerate for 30 minutes. In food processor, add all ingredients for mustard and combine thoroughly. Serve chilled shrimp with mustard. Aloha!

**Makes 12 skewers (about 3 to 4 servings)**





# Bonus Recipes

## LUNCH

### Denise's Favorite California Club

---

#### INGREDIENTS

2 slices whole-grain bread  
2 ounces fresh roasted turkey breast, sliced  
1 ounce Monterey Jack cheese  
3 slices fresh avocado  
2 tablespoons salsa

---

#### DIRECTIONS

Toast bread. Add turkey, cheese, avocado and salsa.  
A healthier take on a classic sandwich!

**Makes 1 serving**





# Bonus Recipes

## LUNCH

### Grapefruit and Black Bean Salad

#### INGREDIENTS

Lettuce leaves

2 grapefruits, peeled, thinly sliced and seeded

1 15-ounce can black beans, rinsed and drained

1 medium cucumber, halved lengthwise and sliced

1 cup cubed papaya

2 ounces Monterey jack cheese, cut into 1/4-inch cubes

#### **Dressing:**

1/2 cup frozen Florida grapefruit juice concentrate,  
thawed

1/4 cup water

2 tablespoons fresh cilantro, snipped

3 tablespoons honey

1/4 teaspoon ground cumin

#### DIRECTIONS

Arrange lettuce leaves on four salad plates. Place grapefruit slices on plates. Arrange beans, cucumber and papaya in mounds on lettuce. Sprinkle with cheese. For dressing, combine juice concentrate, water, cilantro, honey and cumin in a blender. Whir for about 1 minute. Drizzle dressing over salads. My girlfriends love when I make this for a special lunch.

**Makes 4 servings**





# Bonus Recipes

## LUNCH

### Grilled-and-Chilled Tofu Skewers in Citrus-Ginger-Soy Marinade

#### INGREDIENTS

- 1/2 cup light soy sauce
- 1/2 cup Florida orange juice
- 2 tablespoons olive oil
- 2 tablespoons sesame oil
- 2 tablespoons fresh ginger, minced
- Dash red-hot chili sauce
- 1 package firm tofu, drained
- 16 medium shiitake mushrooms, trimmed
- 1 large daikon radish, sliced
- 1 head bok choy

#### DIRECTIONS

Combine soy sauce, orange juice, oils, ginger and chili sauce and whisk to emulsify. Slice tofu cake in half. Cover with half the marinade and let sit at room temperature for 1 hour, turning frequently. Wash and trim mushrooms. Scrub and trim daikon and slice into 1-inch pieces. Separate bok choy leaves, rinse and pat dry. Set aside. Slice white bok choy stems into 1-inch thick pieces. Marinate mushrooms, daikon and bok choy stems in remaining marinade for 15 minutes. Slice marinated tofu into 1-inch cubes. Brush bok choy leaves with marinade. Fold the





# Bonus Recipes

## Grilled-and-Chilled Tofu Skewers in Citrus-Ginger-Soy Marinade (continued)

---

sides of each leaf in toward the middle and roll up. Thread folded leaves onto wooden skewers alternately with mushrooms, tofu, daikon and bok choy stems. Grill skewers for 12 to 15 minutes. Turn to cook all sides. Chill skewers for at least 30 minutes and serve.

**Makes 8 to 12 skewers (about 3 to 4 servings)**



# Bonus Recipes

## LUNCH

### Trim-Down Tuna Salad

---

#### INGREDIENTS

- 1 can albacore white tuna packed in water
  - 1 teaspoon balsamic vinegar
  - 1 teaspoon red wine vinegar
  - 1 hard-boiled egg (with or without yolk), chopped
  - 1 tablespoon white or green onion, chopped
  - 2 cups mixed greens (I like spinach, arugula and romaine)
  - 1 tomato, sliced
- 

#### DIRECTIONS

Rinse and drain the tuna and place in a bowl. Add balsamic vinegar and red wine vinegar and mix. If the tuna seems too dry, add another dash of vinegar. Mix in egg and onion. Arrange greens and tomato slices on 2 plates and top with tuna mixture.

**Makes 2 servings**



# Bonus Recipes

## DINNER

### Herb-Poached Salmon with Roasted Tomato Vinaigrette

---

#### INGREDIENTS: VINAIGRETTE

6 ripe tomatoes, cored and seeded  
1 slice red onion  
1 tablespoon fresh garlic, chopped  
1 tablespoon extra virgin olive oil  
1 teaspoon brown sugar  
1 teaspoon salt  
1 1/2 tablespoons red wine vinegar  
1 tablespoon chopped fresh parsley

---

#### INGREDIENTS: HERB-POACHED SALMON AND RICE

1 cup uncooked brown rice  
1 teaspoon olive oil  
1 cup water  
1/2 cup white cooking wine  
2 tablespoons lemon juice  
1 celery stalk  
2 4-ounce salmon filets  
1 slice yellow onion



# Bonus Recipes

## Herb-Poached Salmon with Roasted Tomato Vinaigrette (continued)

---

### DIRECTIONS: VINAIGRETTE

Preheat oven to 300 degrees. Place tomatoes and red onion on a rimmed cookie sheet or broiling pan. Roast for 5 minutes. Place roasted tomatoes, onion and all remaining ingredients into a food processor and blend thoroughly.

---

### DIRECTIONS: HERB-POACHED SALMON AND RICE

Prepare rice according to package directions and set aside. Place olive oil, water, wine, lemon juice, bay leaves, rosemary, oregano, salt, yellow onion and celery in a large, shallow saucepan. Bring to a boil. Immediately reduce to a medium simmer. Place salmon in saucepan using a slotted spatula. Cook for about 7 minutes.

---

### TO SERVE

Carefully remove the salmon and place on brown rice. Top with Roasted Tomato Vinaigrette.

**Makes 2 servings**



# Bonus Recipes

## DINNER

### Caribbean Jerk-Spiked Pork Chops with Sweet Potatoes

#### INGREDIENTS

1/2 cup Caribbean jerk spice  
4 6-ounce thin pork chops  
3 large sweet potatoes or yams  
1/2 cup water  
2 tablespoons butter  
2 tablespoons honey  
2 teaspoons kosher salt  
Cooking spray

#### DIRECTIONS

Preheat oven to 350 degrees. Rub spice on pork chops and let sit for 1 hour. Cut sweet potatoes in half, length-wise. Place cut side up on rimmed cookie sheet with 1/2 cup water. Bake for 30 to 40 minutes. Spoon out insides and mash thoroughly with butter, honey and salt. Reduce oven temperature to 300 degrees. Coat a nonstick skillet with cooking spray and heat. Sear pork chops for 1 minute on each side. Place in an oven-safe dish and bake for 12 to 15 minutes or until done. Serve hot with sweet potatoes on the side.

**Makes 4 servings**





# Bonus Recipes

## DINNER

### Jeff's Favorite Sweet Potatoes

I'm lucky to be married to someone who will eat just about anything. Over the years, I've started serving more sweet potatoes (great source of vitamins A and B6 for women over 40), and this is Jeff's all-time favorite version!

#### INGREDIENTS

4 large sweet potatoes, scrubbed and rinsed  
1 teaspoon grated orange rind  
1/4 teaspoon allspice  
Salt and pepper  
1/3 cup light brown sugar  
2 tablespoons butter  
1 tablespoon fresh lime juice  
1 tablespoon Grand Marnier liqueur (optional)

#### DIRECTIONS

Preheat the oven to 400 degrees. Bake the sweet potatoes on the oven rack for about 45 minutes. Remove and turn the oven down to 350 degrees. Once cooled, peel and slice potatoes. In a shallow baking dish, place one layer of potatoes. Top with half the orange rind, allspice, salt and pepper. Repeat layer of potatoes and top with remainder of spices. In a small pan over low heat, combine the brown sugar, butter, lime juice and liqueur until sugar is dissolved. Pour over top of potatoes and bake for about 30 minutes,





# Bonus Recipes

## Jeff's Favorite Sweet Potatoes (continued)

spooning the glaze over the potatoes once or twice.  
Let cool slightly before serving.

**Makes 4 to 6 servings**





# Bonus Recipes

## DINNER

### Risotto with Oven-Roasted Portobello Mushrooms

#### INGREDIENTS: RISOTTO

1/4 cup minced yellow onion  
1 tablespoon olive oil  
2 cups Arborio rice  
3 1/2 cups defatted chicken broth  
1/2 cup soy sauce  
Salt and pepper to taste  
1/2 cup grated Parmesan cheese  
1 teaspoon chopped parsley

#### INGREDIENTS: PORTOBELLO MARINADE

1/2 cup extra virgin olive oil  
2/3 cup balsamic vinegar  
2 teaspoons salt  
1 teaspoon pepper  
2 tablespoons minced garlic  
2 tablespoons Italian seasoning  
4 Portobello mushrooms

#### DIRECTIONS: RISOTTO

In a large nonstick pan, saute minced onion in oil over medium heat until translucent; add Arborio rice and stir to coat. Add broth and soy sauce, a little at a time, stirring





# Bonus Recipes

## Risotto with Oven-Roasted Portobello Mushrooms (continued)

---

constantly with a wooden spoon. Cook until broth is absorbed and rice is al dente. Add Parmesan cheese and parsley and stir. Season with salt and pepper to taste.

---

### DIRECTIONS: MARINADE

Preheat oven to 350 degrees. Mix first six ingredients and marinate mushrooms for 10 minutes. Reserve marinade. Place mushrooms with trimmed stems up on a cookie sheet and bake for 5 to 7 minutes. (Mushrooms can be made ahead and reheated.)

---

### TO SERVE

Place a spoonful of risotto in the middle of a plate and add a roasted Portobello mushroom on top. Drizzle with a little of the reserved marinade and serve.

**Makes 4 servings**





# Bonus Recipes

## DINNER

### Spinach-and-Red-Pepper-Stuffed Chicken Breast on Lemon- Asparagus Couscous

#### INGREDIENTS

2 cups couscous  
Cooking spray  
1/2 cup sliced asparagus  
2 cups water  
1/2 tablespoon salt  
½ cup lemon juice  
2 tablespoons brown sugar  
2 4-ounce boneless chicken breasts  
1 1/2 cup red bell pepper, roasted, peeled and chopped  
1 cup fresh chopped spinach leaves  
1/4 cup shredded mozzarella cheese  
Salt and pepper to taste  
1/2 cup flour  
1 tablespoon granulated garlic or minced fresh garlic  
1 tablespoon extra virgin olive oil

#### DIRECTIONS

Pour uncooked couscous into a bowl and spray with cooking spray. Mix thoroughly. Blanch asparagus in boiling water for 40 seconds. Drain and add to couscous. In a separate pot, boil 2 cups of water. Add salt, lemon





# Bonus Recipes

## Spinach-and-Red-Pepper-Stuffed Chicken Breast on Lemon-Asparagus Couscous (continued)

juice and brown sugar to boiling water. Pour heated water mixture into the bowl of couscous and let sit for 5 to 7 minutes until water is absorbed. Preheat oven to 350 degrees. Cut a pocket in the chicken breasts. Stuff with red pepper, spinach, mozzarella cheese, and salt and pepper to taste. Combine flour and garlic. Close pocket and roll chicken lightly in flour mixture. Heat oil in nonstick skillet, add chicken and cook until golden brown. Place browned chicken in oven and cook for 30 minutes, until juices run clear. Serve chicken on couscous and asparagus,

**Makes 2 servings**





# Bonus Recipes

## DINNER

### Summer Citrus Salmon with Basil and Tomato

#### INGREDIENTS

4 tablespoons extra virgin olive oil  
1 small bunch fresh basil, finely shredded  
Juice of 1 lime  
Salt and pepper to taste  
1 pound salmon, in 4 pieces  
1 cup finely chopped shallots  
1/2 tablespoon minced garlic  
1 bay leaf  
1/2 cup dry white wine  
1/4 cup fresh lemon juice  
1 cup clam broth  
2 tablespoons chopped ripe tomato

#### DIRECTIONS

Mix 1 tablespoon olive oil, 2 tablespoons shredded basil, lime juice, and salt and pepper to taste. Rub salmon with mixture and let marinate for several hours. Preheat oven to 450 degrees. Rub a bit of olive oil onto a saute pan, heat over medium heat and sear the salmon on both sides, taking care not to burn it. Remove from pan, place in oven-proof dish and bake for 5 to 8 minutes, depending on the thickness of your fish. Meanwhile, heat remaining olive oil in a saute pan and add shallots, garlic and bay leaf. Cook,





# Bonus Recipes

## Summer Citrus Salmon with Basil and Tomato (continued)

---

stirring often, until shallots turn translucent. Pour in the wine and lemon juice and stir, scraping up the bits from the bottom of the pan. Let simmer until liquid has reduced by about a third. Remove the bay leaf, add clam broth and continue simmering for about 4 minutes, until liquid is reduced by half. Add tomato and remaining basil. Stir and remove from heat.

Place salmon portions on 4 plates and divide the sauce among them.

**Makes 4 servings**





# Bonus Recipes

## DINNER

### Turkey Piccata

I'm always looking for new ways to serve turkey. It's so low in calories and high in protein, but I don't always want to spend the time it takes to roast a whole bird. This is a fast, delicious, lighter version of the standard veal piccata, using lean turkey cutlets.

#### INGREDIENTS

1 1/2 pounds turkey breast cutlets  
Salt and pepper to taste  
1/3 cup all-purpose flour  
2 tablespoons extra virgin olive oil  
1/2 cup dry white wine  
1/3 cup lemon juice  
1 lemon, thinly sliced  
1 tablespoon butter  
Fresh parsley

#### DIRECTIONS

Pound turkey breasts between two sheets of wax paper until the cutlets are about 1/2 inch thick. Sprinkle with salt and pepper; dredge in flour, coating cutlets well. Shake off any excess. In a large skillet, heat 1 tablespoon olive oil over high heat. When hot, slip in half the cutlets and sauté until golden and the juices are clear, about 1 minute per side. Transfer to a warm platter. Add remaining oil to the pan and cook the remaining cutlets. Remove turkey. Add





# Bonus Recipes

## Turkey Piccata (continued)

---

wine, lemon juice and lemon slices to the pan and bring to a boil, stirring to scrape up the browned bits. Remove from heat; swirl in butter. Pour sauce over turkey cutlets and garnish with fresh parsley.

**Makes 4 servings**



# Bonus Recipes

## DINNER

### Vegetarian Lasagna

This isn't exactly the healthiest of recipes, but we all need comfort food sometimes! I save this for special occasions, and it's always a hit!

#### INGREDIENTS

4 potatoes, thinly sliced  
3 cups whole milk  
1 teaspoon kosher salt  
2 12-ounce cans tomatoes with basil  
1 cup ketchup  
1 tablespoon granulated garlic  
2 teaspoons dried oregano  
1 tablespoon brown sugar  
2 cups cottage cheese  
1 cup grated mozzarella cheese  
1 teaspoon salt  
1 can artichoke hearts  
1 5-ounce can sliced mushrooms  
1 16-ounce bag frozen vegetable medley  
Cooking spray

#### DIRECTIONS

Preheat oven to 325 degrees. Cook potatoes in milk until soft and starchy (about 4 to 5 minutes). Add salt. In a separate saucepan, mix together tomatoes, ketchup, garlic, oregano and brown sugar. Simmer for 5 minutes, then





# Bonus Recipes

## Vegetarian Lasagna (continued)

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remove from heat and puree. In a separate bowl, mix together cheeses and salt. Drain canned vegetables and defrost frozen vegetables. Mix together in a medium bowl. Coat a small bread loaf pan with cooking spray. Pour one 4-ounce ladle of tomato sauce in bottom. Next place a layer of potatoes, covering the bottom. Cover with  $\frac{1}{2}$  cup of cheese mix. Add a layer of vegetables. Continue layering potatoes, sauce, cheese and vegetables. Be sure to finish with a layer of potatoes and sauce. Cover with foil and cook for 30 minutes. Let cool 1 hour. Reheat to serve.

**Makes 4 servings**



# Bonus Recipes

## DINNER

### Cannellini and Herb Crostini Salad

This is a super source of cancer-fighting fiber - most women over 40 consume only half the recommended 20 to 35 grams a day. Cannellini (white beans) are also loaded with calcium.

---

#### INGREDIENTS

1 can cannellini, rinsed and well drained  
1/4 cup chopped shallots  
3/4 cup chopped flat-leaf Italian parsley  
1 tablespoon extra virgin olive oil  
1 tablespoon red wine vinegar  
1 tablespoon chopped fresh sage  
1 tablespoon chopped fresh basil  
1 garlic clove, crushed  
Salt and pepper  
4 to 6 slices French or Italian bread

---

#### DIRECTIONS

In a bowl, toss beans with shallots, parsley, olive oil, vinegar, sage, basil, garlic, salt and pepper. (This is even better if made several hours in advance, refrigerated and then allowed to return to room temperature.) Toast bread; top with a spoonful of the white bean mixture. My friends also love this with chopped fresh tomato.

**Makes 4 servings**





# Bonus Recipes

I like to indulge my sweet tooth, but try to keep it healthy. These desserts do a little of both!

## DESSERT

### Fruit 'n' Honey Yogurt Sundae

#### INGREDIENTS

4 ounces vanilla yogurt  
1 tablespoon honey  
Splash lemon juice  
1 tablespoon slivered almonds  
1 cup mixed berries

#### DIRECTIONS

Mix yogurt, honey, lemon juice and almonds. Serve over rinsed berries.

**Makes 1 serving**





# Bonus Recipes

## DESSERT

### Grapefruit Gratin

#### INGREDIENTS

2 large Florida grapefruits  
4 teaspoons honey  
4 teaspoons light brown sugar

#### DIRECTIONS

Remove peel, pith and seeds from 2 large grapefruit and section. Arrange sections in two small, shallow ovenproof dishes. Drizzle each with 2 teaspoons honey and sprinkle each with 2 teaspoons brown sugar. Broil 4 inches from heat until light golden, about 5 to 7 minutes; sugar should bubble but not burn.

**Makes 2 servings**



# Bonus Recipes

## DESSERT

### Lemon Sundaes

This is a neat trick I learned recently from a friend who took a cooking class. I think the lemons make a wonderful, colorful display in a glass dish, garnished with fresh mint sprigs. You can also substitute lemon sorbet for the ice cream and orange sherbet, for a clever palate cleanser between courses at a dinner party.

---

#### INGREDIENTS

4 large lemons  
Vanilla ice cream or frozen yogurt  
Orange sherbet  
Fresh mint

---

#### DIRECTIONS

Cut the top 1 inch off each lemon; reserve tops. Trim bottom about ¼ inch, so lemon stands upright. Carve out the flesh and discard. Scrape inside of lemons clean with a sharp knife. With a small scooper or spoon, layer scoops of ice cream and sherbet in hollowed-out lemons. Cover with lemon tops and freeze until ready to serve. Garnish with fresh mint.

**Makes 4 servings**





# Bonus Recipes

## DESSERT

### Peach Smoothie

---

#### INGREDIENTS

4 ounces lemon yogurt  
4 ounces whole milk  
1/2 cup frozen or fresh sliced peaches  
1/2 cup Florida orange juice  
1/4 cup toasted wheat bran  
3 ice cubes

---

#### DIRECTIONS

Place all ingredients in a blender and whip until smooth.  
A delicious dessert, or start to the day!

**Makes 1 serving**



# Bonus Recipes

I love to prepare foods on my own when I can, so here are two recipes that I whip up at home instead of choosing store bought. Give them a try!

## 7-DAY PLAN RECIPE

### White Bean Hummus

#### INGREDIENTS

- 2 (15 oz.) cans cannellini beans (choose no-salt-added or low-sodium beans and rinse and drain well before use)
- 3 tablespoons olive oil
- 2 tablespoons lemon juice (plus zest of 1 lemon, if desired)
- 2 tablespoons water
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt (only use if beans have no added salt)
- 2 teaspoons ground cumin
- 2 to 3 cloves garlic (saute the garlic for about 1 minute in the olive oil for a milder garlic flavor)

#### DIRECTIONS

Add all of the ingredients to the base of a food processor. Process until smooth.

**Makes 16 servings (serving size = 2 Tbsp.). Yield is 2 cups hummus.**





# Bonus Recipes

## 7-DAY PLAN RECIPE

### Sesame Ginger Dressing

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#### INGREDIENTS

1/4 cup rice vinegar  
2 tablespoons canola or grapeseed oil  
1 tablespoon toasted sesame oil  
1 tablespoon tamari or gluten free soy sauce  
1 tablespoon toasted sesame seeds (optional)  
1 teaspoon grated fresh ginger root  
1 teaspoon honey  
Pinch crushed red pepper (optional)

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#### DIRECTIONS

Combine all of the ingredients in an air-tight container with a secure lid. Shake the dressing before each use, and store leftover dressing in the refrigerator.

**Makes 5 servings (serving size = 2 Tbsp.)**



# Keep It Going

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