



# Dr. Mike's 7 Step Weight Loss Plan



Strategies and Foods To Help You Live a Leaner, Longer, & Healthier Life

## Step 4: Portion & Protein

**Dr. Mike**



Dr. Mike Roussell PhD, is a nutritional consultant and author known for transforming complex nutritional concepts into practical nutritional habits that his clients can use to ensure permanent weight loss and long lasting health.

### Rebuilding Your Plate

The fourth step in your *7 Step Weight Loss Plan* presents the biggest change so far to your diet.

#### Your Plate Landscape

Your plate will look different depending on the time of day.

- 2 of your 3 meals contain fruits/vegetables with no starchy carbohydrates.
- 1 of your 3 meals contain starchy carbohydrates and fruits/vegetables. This meal should be either breakfast or the meal directly following an exercise session (preferably following exercise).

#### Protein for All Occasions

In this step, you are going to make sure that you are eating protein at every meal. Here is a list of protein based foods to choose from:

- Eggs/egg whites
- Poultry
- Pork
- White or oily fish
- Lean beef
- Green Yogurt

- Cottage cheese
- Protein Powders
- Lean chicken or turkey sausage

#### Ideal Starchy Carbohydrates

There are lots of different kinds of starchy carbohydrates. Here is a list of the ideal ones to choose.

- Brown rice
- Quinoa
- Yams & Potatoes
- Oats
- Whole wheat pastas
- Corn tortillas
- Sprouted grain products (ex: Ezekiel bread or cereal)

#### Fruits & Vegetables

Essentially all fruits and vegetables are fair game for you to eat. If you want to focus on particular groups of fruits and vegetables to eat, then focus on the big three - green leafy, fibrous, and berries.

*Green leafy vegetables* are foods like lettuce, spinach, and kale.

*Fibrous vegetables* include broccoli, cauliflower, cabbage, and Brussels sprouts.

*Berries* (is pretty self-explanatory) eat blueberries, strawberries, raspberries or blackberries - fresh or frozen.