

1200 Calorie Meal Plan Example

BREAKFAST: 1 XOCAI HIGH-ANTIOXIDANT / PROTEIN SHAKE + 1 FRUIT

Example:

- 2 scoops shake mix + 8 fl. oz. water + one half banana

OR:

1 PROTEIN UNIT+ 1 ORAC FRUIT

Examples:

- 7 egg whites (hard boiled or cooked with pan spray as an omelet) + 1 cup strawberries

OR:

- 1 cup nonfat cottage cheese + 3/4 cup blueberries

LUNCH: 2 PROTEIN UNITS + 2 VEG + SALAD + 1 GRAIN + 1 ORAC FRUIT

Example:

- 8 ounces broiled fish with teriyaki sauce
 - AND 1 cup steamed spinach + 1 cup steamed carrots
 - AND mixed green salad
 - AND ½ cup brown rice
 - AND 1 small or ¾ medium Red Delicious apple

DINNER: 1 XOCAI HIGH-ANTIOXIDANT / PROTEIN SHAKE + 1 FRUIT

Example:

- 2 scoops Shake Mix + 8 fl. oz. water + 1 cup strawberries

OR

1 PROTEIN UNIT + 2 VEGETABLES + SALAD + 1 ORAC FRUIT

Example:

- 3 ounces roasted chicken breast
 - AND 2 cups steamed broccoli
 - AND 4 cups of salad greens with seasoned vinegar
 - AND 1 cup blackberries

SNACKS: Snack during the day on Xocai Healthy Chocolate Products (150-200 calories total) or other high ORAC foods to keep blood sugar levels steady and increase antioxidant intake.

1500 Calorie Meal Plan Example

BREAKFAST: 1 XOCAI HIGH-ANTIOXIDANT / PROTEIN SHAKE + 1 FRUIT*Example:*

- 2 scoops shake mix + 8 fl. oz. water + one half banana

OR:

1 PROTEIN UNIT + 1 ORAC FRUIT*Examples:*

- 7 egg whites (hard boiled or cooked with pan spray as an omelet) + 1 cup strawberries

OR:

- 1 cup nonfat cottage cheese + 3/4 cup blueberries

A.M. SNACK: 1 PROTEIN SNACK

Example: ½ Xocai Protein Bar

LUNCH: 2 PROTEIN UNITS + 2 VEG + SALAD + 1 GRAIN + 1 ORAC FRUIT*Example:*

- 6 to 8 ounces broiled fish with teriyaki sauce
 - AND 1 cup steamed spinach + 1 cup steamed carrots
 - AND tossed green salad with light dressing
 - AND ½ cup brown rice
 - AND 1 small or ¾ medium Red Delicious apple

P.M. SNACK: 1 PROTEIN + 1 FRUIT

Example: 1 stick low-fat mozzarella string cheese + 20 cherries

DINNER: 1 XOCAI HIGH-ANTIOXIDANT / PROTEIN SHAKE + 1 ORAC FRUIT*Example:*

- 2 scoops Shake Mix + 8 fl. oz. water + 1 cup strawberries

OR:

2 PROTEIN UNITS + 1 VEG + SALAD + 1 GRAIN + 1 ORAC FRUIT*Example:*

- 6 to 8 ounces roasted chicken or turkey breast, fish, tuna or shellfish
 - AND 1 cups steamed green beans
 - AND 4 cups of salad greens with light dressing
 - AND ½ cup brown rice
 - AND one rounded cup blackberries

MORE SNACKS: Snack during the day on Xocai Healthy Chocolate Products (150 200 calories total) or other high ORAC foods to keep blood sugar levels steady and increase antioxidant intake.

Antioxidant - Protein Powered Shake

Recipes: with Xocai High-Antioxidant Protein Meal Replacement

The XO-CASE

1 Cup	Water
1/2 Cup or 2 Scoops	X Protein Meal Shake
3	Frozen Strawberries
1/2 Cup	Greek Yogurt
1 Teaspoon	Cinnamon
1/4 Teaspoon	Nutmeg
1/4 Cup	Chopped Ice
Approximately 275 Calories	

The X Factor

1 Cup	Water
1/2 Cup or 2 Scoops	X Protein Meal Shake
3	Frozen Strawberries
2 Chunks	Frozen Pineapple
1/2	Frozen Banana
1/4 Cup	Chopped Ice
Approximately 300 Calories	

The XO-JOY

1 Cup	Almond Milk
1/2 Cup or 2 Scoops	X Protein Meal Shake
1 Ounce	Coconut Milk
1/2 Cup	Chopped Ice
Approximately 300 calories. Optional: Use Shredded Coconut instead of coconut milk	

The XO and Tell

1 Cup	Water
1/2 Cup or 2 Scoops	X Protein Meal Shake
1/4 Cup	Frozen Blueberries
1/2	Frozen Banana
1 Cup	Chopped Ice
Approximately 260 Calories	

The XO - Mint

1 Cup	Water
1/2 Cup or 2 Scoops	X ProteinMeal Shake
1 Ounce	Xocai Activ
2 Fresh	Mint Leaves
1 Cup	Chopped Ice
Approximately 220 Calories	

The X-Monkey

1 Cup	Almond Milk
1/2 Cup or 2 Scoops	X Protein Meal Shake
1 tablespoon	Chunky Peanut Butter
1/2	Frozen Banana
1 Cup	Chopped Ice
Approximately 375 Calories Option: May replace water for almond milk to cut calories	

The XO - Time

1 Cup	Water
1/2 Cup or 2 Scoops	X Protein Meal Shake
1 Cup	Greek Yogurt
1 Teaspoon	Honey
Approximately 280 Calories	

The X Mocha Frap

1 Cup	Cold Coffee (Black)
1/2 Cup or 2 Scoops	X ProteinMeal Shake
1 Cup	Chopped Ice
Approximately 200 Calories	

The X Mocha Raspberry Frap

1 Cup	Cold Coffee (Black)
1/2 Cup or 2 Scoops	X Protein Meal Shake
4	Raspberries
1 Cup	Chopped Ice
Approximately 200 Calories	

The X Vanilla Mocha Frap

1 Cup	Cold Coffee (Black)
1/2 Cup or 2 Scoops	X Protein Meal Shake
1 Teaspoon	Pure Vanilla Extract
1 Cup	Chopped Ice
Approximately 215 Calories	

Chocolate Orange Cream-Sicle

6 Ounces	Water
1/2 Cup or 2 Scoops	X Protein Meal Shake
2 Ounces	Almond Milk
1	Banana
2 drops	Orange Essential Oil
1 Cup	Chopped Ice
Approximately 300 Calories	

Provocado

1/2 Cup	Almond Milk
1/2 Cup	Water
1/2 Cup or 2 Scoops	X Protein Meal Shake
2	Xocai X Power Squares
1/2	Avocado
3/4 Cup	Chopped Ice
Approximately 385 Calories Optional: Add 1 packet Splenda	

Xe Protein

8.4 Ounces	Xocai Xe Energy Drink
1/2 Cup or 2 Scoops	X Protein Meal Shake
1 Cup	Chopped Ice
Approximately 335 Calories	

Food Lists for Meal Planning

Protein Foods

FOOD ITEM	ONE UNIT	CALORIES	PROTEIN(Grams)
Egg whites	7 whites	115	25
Cottage cheese, nonfat	1 cup	140	28
Xocai High-Antioxidant X Protein Meal Replacement Shake	2 scoops + 8 oz water	190	21
Beef, lean	3 ounces, cooked weight	145-160	25
Chicken Breast	3 ounces, cooked weight	140	25
Turkey Breast	3 ounces, cooked weight	135	25
Turkey Ham	4 ounces, cooked weight	135	18
Ocean-caught Fish	4 ounces, cooked weight	130-170	25-31
Shrimp, Crab, Lobster	4 ounces, cooked weight	120	22-24
Tuna	4 ounces, water packed	145	27
Scallops	4 ounces, cooked weight	135	25
Vegetarian			
Soy Canadian Bacon	4 slices	80	21 (varies)
Soy Hot Dog	2 links	110	22 (varies)
Soy Ground Round	3/4 cup	120	24
Soy Burger	2 patties	160	26
Tofu, Firm	1/2 cup	180	20 (varies)

Fruits

FOOD ITEM	ONE UNIT	CALORIES	FIBER (Grams)
Apple	1 medium	75	3
Apricots	3 whole	50	3
Avocado	¼ average fruit	80	2
Banana	1 small	100	3
Blackberries	1 cup	75	8
Blueberries	1 cup	110	5
Cantaloupe	1 cup cubed	55	1
Cherries	20	80	2
Grapes	1 cup	115	2
Grapefruit	½ fruit	40	2
Honeydew melon	1 cup cubed	60	1
Kiwi	1 large	55	3
Mango	½ large	80	3
Nectarine	1 large	70	2
Orange	1 large	85	4
Papaya	½ large	75	3
Peach	1 large	70	3
Pear	1 medium	100	4
Pineapple	1 cup diced	75	2
Plumbs	2 small	70	2
Strawberries	1 cup sliced	50	4
Tangerine	1 medium	45	3
Watermelon	1 cup balls	50	1

Cooked Vegetables

FOOD ITEM	ONE UNIT	CALORIES	FIBER (Grams)
Acorn squash baked	1 cup	85	6
Artichoke	1 medium	60	6
Asparagus	1 cup	45	4
Beets	1 cup	75	3
Broccoli	1 cup	45	5
Brussels sprouts	1 cup	60	4
Cabbage	1 cup	35	4
Cauliflower	1 cup	30	3
Carrots	1 cup	70	5
Celery, diced	1 cup	20	2
Chinese cabbage	1 cup	20	3
Collard greens	1 cup	50	5
Corn	1 ear	75	2
Eggplant	1 cup	30	3
Green beans	1 cup	45	4
Green peas	1 cup	140	8
Kale	1 cup	35	3
Leeks	1 cup	30	1
Mushrooms	1 cup	40	3
Mustard greens	1 cup	20	3
Onion	1 cup	105	4
Pumpkin	1 cup	50	3
Red cabbage	1 cup	30	3
Spinach	1 cup	40	4
Sweet Potato	1 cup	200	4
Swiss chard	1 cup	20	2

Cooked Vegetables (continued)

FOOD ITEM	ONE UNIT	CALORIES	FIBER (Grams)
Tomato juice	1 cup	40	1
Tomato sauce / puree	1 cup	100	5
Tomato soup, made with water	1 cup	85	0
Tomato vegetable juice	1 cup	45	2
Tomatoes	1 cup	70	3
Turnip greens	1 cup	30	5
Winter squash, baked	1 cup	70	7
Zucchini, with skin	1 cup	30	3

Raw Vegetables

FOOD ITEM	ONE UNIT	CALORIES	FIBER (Grams)
Cabbage	1 cup	20	2
Carrots	1 cup	50	4
Cucumber	1 cup	15	1
Endive	1 cup	10	2
Peppers, green, chopped	1 cup	30	2
Peppers, red, chopped	1 cup	30	2
Romaine Lettuce	1 cup	10	1
Spinach	1 cup	10	1
Tomatoes, chopped	1 cup	40	2

Starches and Grains

STARCH / GRAIN	SERVING SIZE	CALORIES	FIBER GRAMS	PROTEIN(Grams)
Beans (black, pinto, etc)	½ cup	115-140	5-7	7
Bread (whole grain preferred)	1 slice	80-100	3	3-5
English muffin	½ muffin	80	1	2
Lentils	½ cup, cooked	115	8	9
Rice (brown preferred)	½ cup, cooked	110	2	3
Pasta (whole grain preferred)	½ cup, cooked	85	2	3
Potato, baked	½ medium	100		
Rice cakes	2 large	70	1	1
Tortilla, corn	2 tortillas	120	4	2
Cereals				
Bran flakes	¾ cup	100	3	5
Oatmeal, cooked	1 cup	130	4	6
Shredded wheat, bite size	¾ cup	115	3	4

Taste Enhancers

FOOD ITEM	SERVING SIZE	CALORIES	FIBER GRAMS	FAT GRAMS
Cheese, reduced fat	1 ounce	50-80	0	2-5
Cheese, Parmesan	3 tablespoons	80	0	5
Nuts	½ ounce	80-100	0	6-11
Olive oil	1 teaspoon	40	0	4
Olives	10 large	50	1	4-7
Pine nuts, sesame seeds	1 tablespoon	50	1	4-7
Salad dressing, fat free / low	2 tablespoons	40-80	0	0-2

Protein Snacks

FOOD ITEM	SERVING SIZE	CALORIES	FIBER (Grams)
Cheese, mozzarella, low fat	1 ounce (1 stick)	70	8
Cottage cheese	½ cup	70	14
Egg, hard boiled	1	80	4
Milk, nonfat or 1%	1 cup	90-110	9
Soup, tomato, made with nonfat milk	1 cup	120	6
Soy crisps	1 ounce	110	7
Yogurt, nonfat, sugar free	1 six ounce carton	100	11

Shed a Pound a Week

If you cut 500 calories a day from your typical intake, you will lose a pound in a week's time. Look at some of the examples below. The more you cut, the more you lose!

EXAMPLE 1: A Xocai High-Antioxidant X Protein Meal Replacement Shake for breakfast vs. A blueberry muffin and a medium vanilla frappuccino

FOOD ITEM	CALORIES	FAT (GRAMS)
Muffin and medium frappuccino	930	33
Xocai High-Antioxidant X Protein Meal Replacement Shake	190	3

You save: 740 calories and 30 grams of fat. If you typically have “just a muffin and coffee” every day for breakfast, you could lose 1½ pounds a week just by making this one swap!

EXAMPLE 2: Chicken breast vs. Red meat

FOOD ITEM	CALORIES	FAT (GRAMS)
6 oz. lean sirloin steak	660	29
3 oz chicken breast	150	4

You save: 510 calories and 25 grams of fat

EXAMPLE 3: Roast beef sandwich with cheese and mayonnaise vs. Turkey sandwich with vegetables and mustard

FOOD ITEM	CALORIES	FAT (GRAMS)
Roast beef sandwich + cheese, mayo	850	30
Turkey sandwich + Vegetables, mustard	350	5

You save: 500 calories and 25 grams of fat

Shed a Pound a Week (continued)

EXAMPLE 4: French fries vs. Steamed vegetables

FOOD ITEM	CALORIES	FAT (GRAMS)
35 French fries	560	28
1 cup zucchini + 1 tablespoon Parmesan cheese	60	2

You save: 500 calories and 26 grams of fat

EXAMPLE 5: Large restaurant Chinese chicken salad with fried noodles vs. 3 cups salad greens with 1 cup mixed fresh vegetables, 3 ounces grilled chicken breast and 2 tablespoons light salad dressing

FOOD ITEM	CALORIES	FAT (GRAMS)
Chinese chicken salad	Up to 1000	61
Greens / vegetables / Chicken + light dressing	320	11

You save: up to 680 calories and 50 grams of fat each time you choose this

Good Snacks

Snacking sensibly between meals helps to keep your metabolism high and control cravings. Eat 2-3 snacks a day. When you combine some protein with a little carbohydrate it helps to satiate you and keep you going. Snacking on Xocai products, with their high antioxidant values, can also help boost weight loss. Components in cocoa flavanoids appear to decrease appetite, stabilize blood sugar levels, decrease inflammation and improve mood by optimizing production of brain chemicals like serotonin.

HERE ARE SOME WHOLESOME SNACK IDEAS NEAR 100 CALORIES:

- Two sticks of celery with 1 Tbsp Peanut Butter
- Mini pita bread with a quarter of an avocado
- Two rice cakes with one wedge light cheese
- Ten raw almonds (raw, no salt)
- ½ cup nonfat cottage cheese with ½ cup blueberries
- 1 ounce turkey jerky with one rye cracker slice
- One 6-ounce light nonfat yogurt carton with 1 tablespoon raisins
- Toasted whole-grain waffle with cinnamon-sugar sprinkled
- One stick mozzarella cheese with one sesame breadstick
- ¾ cup tomato soup made with nonfat milk
- Three hard-boiled egg whites mashed with a little Dijon mustard and a sliced tomato
- 15 baby carrots with 2 tablespoons fat-free ranch dressing
- 12 ounces tomato juice
- ½ cup edamame (soybeans, low salt)
- 1 cup whole strawberries with some melted Xocai Nuggets drizzled on top

XOCAI PRODUCT SNACK CHOICES:

- Xocai X Power Squares (approx 33 calories each)
- Xocai Xobiotic Squares (approx 55 calories each)
- Xocai Omega Squares (approx 63 calories)
- Xocai Nuggets (approx 70 calories)
- Xocai Activ (approx 30 calories per ounce)
- ½ Xocai Protein Bar (approx 70 calories)
- ½ Xocai Powerhouse Cookie (approx 110 calories)

QUIZ: Do You Know Your Snack Facts?

Just how much do you know about snacking habits? Snacking can be a wholesome practice when you select the right items and consume the proper balance of foods as snacks to maintain your energy level. Regrettably, more often than not we wait until the dreaded "snack attack" and then our hunger drives us to make less-than-desirable choices. Below are a few questions testing how much you understand about snacking.

1. What is America's favorite snack food, and how much of it do we eat every year?

- a. Pretzels. We eat about 50 million pounds
- b. Peanuts. We eat about 25 million pounds
- c. Cookies. We eat about 700 million pounds
- d. Potato chips. We eat about 1.2 billion pounds

2. What does the original pretzel twist's shape represent?

- a. A child's playground game, similar to hopscotch
- b. A mother's arms holding a baby
- c. A person's arms crossed in prayer
- d. The coat of arms of the Hapsburg family in Germany, for whom the pretzel was invented

3. You are really craving something sweet. You run into the local food mart and find an array of prepackaged goodies. Which of the following would have the fewest calories?

- a. A package of two frosted cupcakes
- b. A package of two crème-filled sponge cakes
- c. A single-serve apple pie
- d. A single-serve pack of four powdered-sugar donuts

4. Popcorn can be a healthy snack, but you need to choose carefully. Which of the following popcorns have the MOST calories per cup?

- a. Cheese flavored
- b. Kettle-corn flavored
- c. Cinnamon-butter flavored
- d. Extra-butter flavored

5. Rice cakes can be the start of a healthy snack. The plain ones have about 35 calories. To keep calories down, which of the following would best top your rice cake?

- a. 1 tablespoon of cream cheese
- b. 2 tablespoon of ricotta cheese and a sprinkle of cinnamon sugar
- c. 1 tablespoon of strawberry jam
- d. 1 tablespoon of peanut butter

QUIZ: Do You Know Your Snack Facts? (continued)

6. You crave something smooth and creamy. Which of the following choices has the fewest calories?

- a. A single-serve rice pudding
- b. A single-serve chocolate pudding
- c. One 6-ounce carton fruit-on-the-bottom yogurt
- d. Half a banana with an ounce of Xocai Activ syrup

7. You're rummaging around the house for something to eat. You have the following available to you and can't decide which would do the least damage to your diet, calorie-wise. Which one should you choose?

- a. Four fig bars
- b. Three graham-cracker sheets
- c. 50 pistachio nuts
- d. 2 ounces of beef jerky

8. You have several leftovers in your refrigerator that look like tempting snacks. Which of the following will use the fewest calories from your calorie budget?

- a. A piece of lasagna, about 3 inches square
- b. Two fried-chicken drumsticks
- c. 1 cup of homemade macaroni and cheese
- d. 1 cup of shrimp fried rice

9. Sometimes when we think we're hungry, we're really just thirsty. If you think drinking something might help quench your thirst and your hunger pangs, which would be the best choice?

- a. 12 ounces of lemonade
- b. 12 ounces of cranberry juice
- c. 12 ounces of grapefruit juice
- d. 12 ounces of canned mango nectar

10. During an afternoon of shopping and with more still to buy, you need a little something to get you through the afternoon. What's the best choice from the mall?

- a. One large soft pretzel
- b. One medium-sized fruit smoothie
- c. 1 cup of low-fat frozen yogurt
- d. A cup of chicken noodle soup from the deli

The Wonder of Water

Next to oxygen, water stands out as the element most essential for survival. We are able to go without having food for nearly two months, but without water only a few days. Nevertheless most of us haven't a clue how much water we should take in. The truth is, many people live in a continually dehydrated condition.

Water is a critical component in chemical reactions of digestion and metabolism. Water also lubricates our joints. We actually need water to breathe: our lungs have to be moist to breathe in oxygen and breathe out carbon dioxide. You can actually lose a pint of fluid every day simply exhaling.

If you don't drink enough water, you can hinder every facet of your physiology. Dr. Howard Flaks, a bariatric (obesity) specialist in Beverly Hills, Calif, says, "By not drinking enough water, many people incur excess body fat, poor muscle tone and size, decreased digestive efficiency and organ function, increased toxicity in the body, joint and muscle soreness and water retention."

Feeling puffy or bloated? If you're not drinking an adequate amount of water, your body may retain fluids to compensate. Ironically, fluid retention can often be eradicated by consuming more water, not less.

"Proper water intake is a key to weight loss," says Dr. Donald Robertson, medical director of the Southwest Bariatric Nutrition Center in Scottsdale, Arizona. "If people who are trying to lose weight don't drink enough water, the body can't metabolize the fat adequately. Retaining fluid also keeps weight up." If you are dehydrated, your hunger reflex may be stimulated. Often, when you wake up in the morning with a gnawing feeling in your stomach, it's simply thirst masquerading as hunger. Drinking an 8 to 16 ounce glass of water with some lemon to start your day is a health-promoting weight loss strategy. Not only does it hydrate you, it also adds to your antioxidant intake.

The minimum for a healthy person is generally recommended to be 8 to 10 eight-ounce glasses a day. You'll need more if you exercise a lot or live in a hot climate. For weight loss, you should drink $\frac{1}{2}$ to one ounce of water for every pound of your desired weight. For example, if your target weight is 150 pounds, you should consume 75 to 150 ounces of water per day. You may want to talk to your own physician for his or her recommendations.

Your water consumption should be spread throughout the day and evening. You might wonder: If I drink anywhere near this much, won't I continually be running to the restroom? Sure. However after a couple of weeks, your bladder has a tendency to adapt and you'll urinate less often, but in greater amounts.

REPLACE WHAT YOU LOSE

Following every 30-minutes of physical exercise, drink two 8 oz. glasses of water to replace your body fluids. Also, consider making use of a sports bottle to make it easier to stay hydrated as you work out.

It's important to understand that while soda pop, coffee, and alcoholic beverages contain water, they are actually *dehydrating* fluids. Not only do they eliminate the water contained in them, but they also cause you to lose further amounts of water from your body's reserves

LOOK BEFORE YOU DRINK

The next time you're thirsty, it would be wise to think before you drink. While many say "you are what you eat," the expression is more accurately "you are what you drink." The human body is composed of 25% solids and 75% water. Brain tissue is said to consist of 85% water. While some foods contribute fluids to your system, the majority of your day-to-day water requirements are met through the liquids you drink. Apart from simple water, consumers are presented with a mind-blowing assortment of juices, juice drinks, vitamin-fortified waters, sports drinks, energy drinks, and teas, making determining the right choice difficult.

When evaluating beverages, an excellent starting point is reading through the nutrition facts label. For example, sodas or fruit beverages will often be loaded with calories and sugar, but low in nutrition. Not only can these types of empty calories heap on the pounds, their high-sugar concentration might actually slow down the rate at which your body absorbs fluids. Also, when you notice high-fructose corn syrup near the top of the ingredient list, you know that the drink is loaded with simple sugars.

While too much sugar can be a problem, a little carbohydrate in beverages can help to maintain blood sugar while you are exercising. Also, a mixture of several carbohydrate forms in drinks helps get carbohydrates into working muscle more efficiently than using just one carbohydrate source. Make sure that you are getting those carbohydrates from natural forms. Low glycemic (meaning slowly absorbed) sweeteners like Agave Cactus syrup are a good option. You'll also want to monitor the calories.

STAYING HYDRATED

You may become dehydrated before you are actually thirsty. Most people consider "dry mouth" a signal of thirst. However, a dry mouth is the *last* outward sign of severe dehydration. Damage occurs to the body at a persistent lower level of hydration. Because of a gradually failing sensitivity to thirst, many people become chronically and increasingly dehydrated.

One way to monitor your hydration is to note the color of your urine. It should be pale yellow or clear. Darker color usually means more concentrated urine. In that case, you should increase your fluid intake.

Make sure to watch for other dehydration signs and symptoms such as:

- Heartburn, stomach ache
- Non-infectious recurring or chronic pain
- Low back pain
- Headache
- Mental irritation and depression
- Water retention (ironic but true!)