

The Pink Patch:

7 Day Meal Plan

**Fast, easy to prepare (and find!) meals for women on the go.
Designed to manage hunger, increase energy, and reduce cravings.**

WOMAN-UP Bright eyes, clear skin, shining hair, and a smaller waist

What this diet offers you

Is it any wonder that our culture so often compares food to lust, drugs, or bad-news boyfriends? For many of us, food is essential to our happiness.

HOWEVER. Riddle me this: how long does your happiness last, when it comes from consuming 3 slices of chocolate cake?

If you're reading this, then you've made the choice to improve your health – improve you. “Sit mens sana in corpore sano” – sound mind in sound body.

This diet was designed to reduce your cravings (for sugar, fat, and the like), while keeping you full and well-fed, and making sure you get everything you need to keep your body healthy (protein, carbohydrates, fats, vitamins, and minerals.)

You can snack everyday, and have desserts every night. Yes, actual dessert, sweet and lovely, and considerably healthier than a chocolate éclair.

This diet is open to substitutions of your preference, in terms of flavor. Not in the sense that you can substitute KFC for Lime Chicken – but you CAN substitute the flavors that you like: spicier, or more savory, more garlicky or less, etc.

Look carefully at the list of staples provided. You can add any of them, to any of the meals in the diet. You can cook any of them, and make your own recipes from them, if you like. And if you're new to cooking your own food, don't be intimidated. If you can read, you can cook. Examine the cooking tips provided. *Experiment.*

Drink water with every meal. Take your vitamins. It's a week long diet, only 7 days. This is the “detox” stage – Step One. Start phasing out the foods that are preventing you from achieving your body's goals. Start eating simple foods. Redefine your palette. Luscious, healthy foods abound everywhere – find them.

Read carefully. Take notes, if you like. Investigate diet cookbooks. Are you following a low-carb diet? Make adjustments here, accordingly (add more vegetables to replace carbs).

Take a deep breath and woman-up: give yourself what you deserve. Love yourself.

Much love to our Beautiful, Fabulous, Brave Pink Girls,
-The Pink Patch Team

THE MUST-HAVES

STAPLES

The following list of foods should be in your refrigerator or kitchen pretty much at all times (most of them, anyway). Every one of them can be used to make a diet-safe snack or meal. All of them can be found at your supermarket.

For the Cupboard:

- A decent herb/spice rack that includes all the basics (basil, oregano, thyme, marjoram, crushed red pepper flakes, ground ginger, poultry seasoning, rosemary, garlic powder, cinnamon, paprika, cumin, chile powder)
- Good quality white and brown sugar substitutes, like Splenda
- Salt and black pepper
- Fiber One cereal, any kind you like
- Whole grain bread (or low-carb, if you prefer)
- Canned tuna packed in water
- Good quality hot sauce
- Worcestershire sauce
- Low-fat chicken broth or stock
- Low-sodium soy sauce
- Extra-virgin olive oil
- Balsamic, apple cider, white wine, or red wine vinegar (your preference)
- Pam Butter and Olive Oil Sprays
- Honey
- Plain oatmeal

For the Fridge:

- Eggs
- Fat-free plain and/or fruit-flavored (low-sugar) yogurt (buy the small packs, they'll keep longer)
- Fresh fruit, like apples or oranges, or little tangerines
- Skim milk or soy milk, if your prefer
- Laughing Cow Light cheese wedges
- Babybell Lite cheeses
- Salad greens
- Cherry or grape tomatoes
- Baby carrots
- Hummus
- Low-sugar jam
- Smart Balance Spread
- Light Mayonnaise
- Mustard

For the Freezer:

*** Note – always store items safely, in freezer-safe bags (they will be labeled as such on the box), if they don't come in freezer-ready packaging**

- Veggie burgers (the Black Bean Chipotle burgers by Gardenburger are fantastic), or 97% lean ground beef
- Boneless, skinless chicken breasts
- Frozen veggies like broccoli, corn, or carrots
- Fat-free frozen yogurt
- Fudgesicles or Popsicles

GADGETS + TOOLS

If you're lacking in basic cookware, check out Ikea's start-box. It includes most of the necessities at a remarkably low price. Another great method of acquiring cookware on the cheap is basic inheritance, i.e., show up at mom's house and ask her if there's anything she doesn't really use or was thinking of replacing. She'll dig that you're getting into cooking, besides.

- **Blender or food processor.** It is a MUST. You can find inexpensive ones at Wal-Mart, K-Mart, Bed, Bath and Beyond, or Target. You don't need something designed by NASA, just a good, basic blender or processor.
- **Good, sharp knives.** Knives must, must, MUST be sharp.
- **Grill pan.** Grilling is a great way to cook without adding a lot of fat, and grill pans are perfect for apartment dwellers or rainy days. Also, they're much cheaper than a grill.
- **A non-stick skillet**
- **A heavy skillet**, which means that it's fairly deep, and can hold a good amount of liquid
- **Baking sheets**
- **Basic soup pot**
- **Cooking utensils** (spatula, tongs, ladle, measuring spoons, etc)

STORAGE

- **Plastic food boxes**, like Tupperware, of a various sizes, including sandwich-size, so your sandwiches won't get smushed
- **Freezer-safe ziplock bags**
- **Plastic wrap**
- **Aluminum foil**

A FEW COOKING NOTES

Poaching: A method of cooking meat and fish in liquid (water, stock, broth, or wine). Make sure the meat is covered by the liquid, set on low-heat, and cover. It will take about 15 minutes for chicken, depending on size, and about 10 minutes for fish. Check on it every so often. The meat will be incredibly tender, and you will have an excellent low-fat, low-calorie dish. You can add all kinds of flavor during the poaching process, such lemon juice, ginger, garlic and herbs (which you won't actually eat). Poultry seasoning is a must if you're poaching chicken in water, because it'll give you all the flavors of broth or stock.

Poaching Chicken on the Cheap (serves 1)

- 1 boneless, skinless chicken breast
- 1 cup water
- 1 teaspoon poultry seasoning
- 1 teaspoon each dried rosemary and dried oregano
- 1 smashed garlic clove

Marinating: Another fantastic way to add flavor without adding much fat or calories, since the marinade is discarded. Essentially, marinades tenderize and flavor meat and fish before they're grilled or baked. Fish should never marinate more than 30 minutes, because the marinade will begin to "cook" the fish – this is known as *ceviche* (no joke, it really will "cook"). Chicken can be marinated as long as overnight (covered, in the fridge), which will really intensify flavor.

Basic Marinades for Seafood

- Orange juice, garlic, soy sauce and Chinese five-spice powder
- Lemon juice, rosemary, and garlic
- Chicken broth, soy sauce, ginger and honey
- Lime juice, Worcestershire sauce, and hot sauce

Basic Marinades for Poultry

- Lime juice, cumin, chile powder, and crushed red pepper flakes
- Yogurt, mint, garlic, and hot sauce (known as Tandoori chicken)
- Lemon juice and zest, ginger, and soy sauce
- Lime juice and zest, rosemary, and garlic

Marinade Tips:

- Whether grilling or baking, baste the fish or meat with marinade.
- Make a sauce from the remaining marinade by bringing it to a boil in a small saucepan. It must reach a boil, because it's been in contact with raw meat.
- Measurements: basic ratio for 1 serving - 1 tablespoon liquid, 1 teaspoon herb.
- Beef should always marinate overnight
- Always use dried herbs

The Pink Patch

7 Day Meal Plan

*****All meals should be accompanied by water only, unless another beverage is specified*****

DAY ONE

1407 Calories, 24 grams fiber, 88 grams protein

Breakfast

*Note: you can make hardboiled eggs the night before, and store in the fridge.

- 2 hardboiled eggs with salt and black pepper to taste
- 1 slice whole grain toast, with 1 tablespoon Smart Balance Spread
- Coffee or tea with skim milk
- 1 small tangerine

Lunch

Entrée Salad. *You can prepare this yourself, or make it at your local salad bar. If you decide to make it yourself (if you have the time), dress the salad right before you eat it. Otherwise, the salad will be soggy.*

- 3 oz. smoked turkey
- Mixed greens
- Cherry tomatoes
- Shredded carrot
- Sliced cucumber
- 2 tablespoons Parmesan cheese
- 2 tablespoons balsamic vinaigrette (or other low-fat, low sugar dressing)

Snack

- 1 small apple
- 2 lite mini babybells

Dinner

Asia Packets and Garden Salad

- 1 boneless, skinless chicken breast, sliced crosswise into strips

- 1 tablespoon low-sodium soy sauce
- 2 chopped scallions
- 1 cup broccoli florets
- 1 teaspoon powdered ginger
- 1 clove garlic, minced
- ½ teaspoon Chinese 5 Spice Powder
- 2 tablespoons white wine

Preheat the oven to 450 degrees. Mix soy sauce, wine, garlic and spices. Pour over chicken, broccoli and scallions and toss well. Double-fold heavy duty tin foil, place chicken mixture at center, and wrap up sides to seal packet. Bake for 15 – 18 minutes.

- Garden salad (lettuce, tomato, cucumber) with 2 tablespoons balsamic vinaigrette (or other low-fat, low sugar dressing)

Dessert

½ pint sliced strawberries with 1 tablespoon honey and 1 cup non-fat Greek yogurt (such as Fage)

DAY TWO

1197 calories, 12 grams fiber, 92 grams protein

Breakfast

1 whole grain bagel spread with 2 tablespoons Neufchatel cheese, topped with 3 tomato slices.
Coffee or tea with skim milk

Lunch

Buy for lunch. Make sure you specify "no croutons", or if there's no made-to-order option, woman-up and remove them.

Chicken Caesar salad with 2 tablespoons prepared dressing. NO CROUTONS.

Snack

1 cup non-fat cottage cheese

Dinner

Chicken Oreganata with Asparagus and Garden Salad

- 1 boneless, skinless chicken breast, pounded thin
- 1 teaspoon oregano
- 1 teaspoon garlic powder
- Salt and black pepper to taste
- Juice of ½ lemon

Mix spices with salt and pepper, and rub chicken all over. Over medium heat, coat a grill pan or non-stick skillet with Pam Butter Flavor. Grill or sauté chicken, about 2-3 minutes per side. Pour lemon juice over chicken and serve.

- Steamed asparagus (about 3 oz)
- Garden salad (lettuce, tomato, cucumber) with 2 tablespoons balsamic vinaigrette (or other low-fat, low sugar dressing)

Dessert

1/2 cup mango or strawberry sorbet

DAY THREE

1243 calories, 17 grams fiber, 69 grams protein

Breakfast

1 cup low-fat, low-sugar fruit yogurt (such as Dannon Light n' Fit), ½ pint sliced strawberries.
Coffee or tea with skim milk

Lunch

Buy at your local sandwich place or make yourself (remember Todd English's tip: grill or toast bread before storing in fridge).

Turkey sandwich (2 slices rye bread spread with 2 tablespoons mustard, topped with 3 oz sliced turkey and tomato slices), and 2 Lite Mini-Babybells

Snack

1 small bunch grapes

Dinner

1 small whole grain pita stuffed with 4 tablespoons hummus, baby spinach, and sweet red pepper strips

1 tall glass skim milk

Dessert

Cantaloupe chunks

DAY FOUR

1230 calories, 35 grams fiber, 51 grams protein

Breakfast

½ cup Fiber One cereal with 1 cup skim milk and 1 small tangerine
Coffee or tea with skim milk

Lunch

Buy at your local soup-and-sandwich place. Walk past the sandwich counter like you couldn't give a rat's ass. Even if you do care, pretend that you're some sort of snooty, skinny French woman who disdains filthy American food.

1 cup lentil soup, garden salad (lettuce, tomato, cucumber) with 2 tablespoons balsamic vinaigrette (or another low-fat, low-sugar dressing), and 1 small bunch grapes

Snack

½ whole grain pita, as many cherry tomatoes and baby carrots as you like, and ½ cup hummus

Dinner

Spanish Omelet with Toast and Garden Salad

Spanish Omelet

- 2 eggs, beaten
- 2 scallions, chopped
- ½ small tomato, chopped
- 1 clove garlic, minced
- Crushed red pepper flakes (optional)

Over medium heat, coat a non-stick skillet with Pam Butter Flavor. Add vegetables and garlic, and sauté for 2-3 minutes. Add eggs, and fluff with a fork as eggs begin to set.

1 slice whole grain toast spread with 1 tablespoon Smart Balance spread

Garden salad (lettuce, tomato, cucumber) with 2 tablespoons balsamic vinaigrette

Dessert

1 ripe peach with ½ pint sliced strawberries

DAY FIVE

1555 calories, 11 grams fiber, 74 grams protein

Breakfast

* Note: You can boil the eggs the night before and store in the fridge.

- 2 hardboiled eggs with salt and black pepper
- 1 cup low-fat, low-sugar fruit yogurt (such as Dannon Light n' Fit)
- Coffee or tea with skim milk

Lunch

4 mini rice-cakes spread with 2 tablespoons natural peanut butter, and 1 cup chicken noodle soup.

Dinner

Simple turkey sandwich (2 slices rye bread spread with 2 tablespoons mustard, topped with 3 oz sliced turkey, which is approximately 4 – 5 deli slices), and garden salad (lettuce, tomato, cucumber) with 2 tablespoons balsamic vinaigrette (or another low-fat, low-sugar dressing)

Dessert

½ cup non-fat vanilla frozen yogurt, topped with 1 tablespoon honey and ½ pint sliced strawberries

DAY SIX

1621 calories, 23 grams fiber, 75 grams protein

Breakfast

1 low-fat granola bar (such as Quaker low-fat granola bars), 1 cup low-fat, low-sugar fruit yogurt (such as Dannon Light n' Fit)

Coffee or tea with skim milk

Lunch

Veggie Sandwich (2 slices whole grain bread spread with 2 tablespoons Neufchatel cheese, topped with ½ cucumber, sliced, ½ tomato, sliced, and ½ avocado, sliced)

1 small bunch grapes

Snack

6 oz watermelon chunks

2 Lite Mini-Babybells

Dinner

Barbeque Salmon with Garden Salad and Lemon Broccoli

Barbeque Salmon

- 4 oz salmon fillet
- 2 tablespoons prepared barbeque sauce

Brush salmon with sauce and bake at 400 degrees for 12-15 minutes, until fish flakes easily with a fork.

Garden salad (lettuce, tomato, cucumber) with 2 tablespoons balsamic vinaigrette (or another low-fat, low-sugar dressing)

1 cup steamed broccoli tossed with the juice of 1 lemon

Dessert

½ cup mango or strawberry sorbet

DAY SEVEN

1103 calories, 14 grams fiber, 52 grams protein

Breakfast

1 packet plain instant oatmeal, prepared with water according to package directions. Add 1 tablespoon honey and mix well.

1 small tangerine

Coffee or tea with skim milk

Lunch

Entrée Salad. *You can prepare this yourself, or make it at your local salad bar. If you decide to make it yourself (if you have the time), dress the salad right before you eat it. Otherwise, the salad will be soggy.*

- 3 oz. smoked turkey
- Mixed greens
- Cherry tomatoes
- Shredded carrot
- Sliced cucumber
- 2 tablespoons Parmesan cheese
- 2 tablespoons balsamic vinaigrette (or other low-fat, low sugar dressing)

Dinner

Lime Chicken with toast and a garden salad

Lime Chicken

- 1 boneless, skinless chicken breast, slice crosswise into strips
- Zest and juice of 1 lime
- 1 clove garlic, minced
- Salt to taste
- ¼ teaspoon red pepper flakes

Combine all ingredients and mix well. Over medium heat, coat a non stick skillet with Pam Butter Flavor. Add chicken mixture, and sauté until cooked through, stirring occasionally.

1 slice whole grain toast spread with 1 tablespoon Smart Balance spread

Garden salad with 2 tablespoons balsamic vinaigrette (or another low-fat, low-sugar dressing)

Dessert

½ cup non-fat vanilla frozen yogurt topped with 1 banana, sliced, and 1 tablespoon honey

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