Introduction and Overview

Welcome to the Bowflex® Body Weight Loss Guide. This guide is designed to be used with your Bowflex® equipment and will help you:

• Lose weight and get lean
• Improve your health and wellness
• Increase your energy and vitality

By focusing on the main three elements of the Bowflex® Body Weight Loss Guide—quality, balance, and consistency—you’ll be able to reach and maintain your weight loss and fitness goals for the next six weeks and beyond.

• **Quality** – The emphasis of this plan is on eating more whole foods and getting the most nutrients from your calories as possible. Making the majority of your diet from foods that have a single ingredient (for example fruits, vegetables, fish, lean protein, eggs, beans, nuts, and whole grains) provides the vitamins, minerals, fiber, protein, and healthy fats your body needs.

• **Balance** – Each of the meals and snacks in this guide have a source of fiber or smart carbohydrate, protein, and healthy fat to keep your energy levels consistent throughout the day to fuel your workouts. By having this balance you’ll feel fuller longer, which is critical to weight loss success.

• **Consistency** – Getting about the same number of calories each day is important for your metabolism and your mindset. If you overdo it one day, don’t try to make up for it the next day by not eating or cutting your calories drastically. Get right back on track by following this guide!

Results & Expectations

Results will vary depending on your age, starting weight, and exercise level but on average you can expect to lose 1-3 lbs per week and experience increased energy levels.

5 Tips for Long-Term Success

1. **Keep a food log** including hunger levels and water intake. Free online food logs and mobile apps are available at www.myfitnesspal.com and www.loseit.com

2. **Weigh and/or take measurements weekly** – no more and no less. Weighing weekly rather than daily or every other day is best. You’ll track your progress and keep yourself in check without getting discouraged if the scale doesn’t move for a few days. And remember, weight is just a number and it’s influenced by muscle gain as well as fat loss. Feeling how your clothes fit can often be a better indicator of progress as your body adapts to exercise and nutrition changes.

3. **Measure portions** – To avoid portion creep, use measuring cups and spoons for grains (rice, pasta, cereal), beans, nuts, oils, and dairy. Use the Portion Sizes Guide for other foods.

4. **Plan ahead** – Make a meal plan for the week or log your food a day in advance. Planning sets you up for success, especially for social events and eating out.

5. **Practice your desired long-term habits** – It’s easy to justify poor eating choices when you’re only focused on the short term. Focus on the long term satisfaction of a slimmer, healthier you rather than the temporary gratification you’ll get from splurging.

How to Use this Guide

• **Eat breakfast within 90 minutes of waking up and balance your meals and snacks throughout the day**
  – Don’t go longer than 5-6 hours without eating
  – If you’re not used to eating breakfast, start out small with a piece of fruit and have something else 1-2 hours later. Your body adapts to not eating breakfast, but as soon as you start eating early in the day and cutting back on dinner portions you’ll notice your hunger will increase. This is a good sign your metabolism is working!

• **Mix and match meal options**
  – Select 1 option from the appropriate meal plan (male or female) for breakfast, lunch, and dinner, paying close attention to portion sizes
  – Select 1-2 snack options per day
  – You have the option to substitute one snack for one treat under 150 calories
  – Use the meal plan, sample options, and grocery list to create your own meals for more variety
  – You can swap out any type of protein, vegetables or smart carbs for the suggested meal options. For example:
    • Turkey for tuna
    • Any fish or seafood for chicken
    • Cooked vegetables instead of salad
• Eat your calories
  – Cut out high calorie beverages like soda, juices, coffee drinks, and alcohol
  – Stick with water, unsweetened tea, and coffee. Aim for a minimum of 64oz (1.9 liters) of water per day to stay well hydrated
• If you’re still hungry after or in between meals:
  – Have a glass of water and wait 15-20 minutes. Many times we mistake thirst (or even boredom!) for hunger. Wait out the initial urge to eat
  – If you’re still hungry after waiting 15-20 minutes have a snack or mini-meal with fruit, vegetables, and protein.

If your goal is muscle gain or strength:
• Use the same meal plan but increase portion sizes in the same ratios to increase the total number of calories you eat every day. For example, increase portion sizes of protein and smart carbs at meals by 50%. Adding a snack is another option to meet your body’s increased calorie needs in order to gain muscle and strength.
• Focus on post-workout nutrition by having one of your snacks within 30 minutes after you complete your workout. Make sure to have a combination of carbohydrates such as fruit with protein (yogurt, milk, or protein powder) to promote muscle growth and recovery. Chocolate milk is also a great option.

Meal Plan Overview

The female meal plan provides about 1400 calories, and the male plan provides about 1600 calories, of high quality nutrition to not only help you lose weight and feel great but get the most out of your calories. The vitamins, minerals, and antioxidants from eating mostly whole foods help support optimal health. These calorie levels will result in healthy weight loss for the majority of people. Keep in mind that everyone’s metabolism is very different depending on age, height, weight, activity level, and genetics. Pay close attention to your weight, hunger levels, and energy and adjust your calories if needed.

Follow these guidelines if you’re over 55:
• If you’re over 55, you need fewer calories because your metabolism slows as you age. Stick with three meals with one optional snack per day.

Follow these guidelines if you’re under 25:
• If you’re under 25 you may need more calories. Add another snack if you feel low on energy or are extremely hungry.

Breakfast
Breakfast includes a smart carb, fruit, and a source of protein, which will also have fat. With a balance of carbohydrates and fiber from the smart carb and fruit combined with protein and fat, you’ll energize your day and help control hunger levels throughout the day.

Snacks
Each snack is a balance of carbohydrates and protein to keep your blood sugar more consistent, which means you won’t experience hunger and energy level spikes and drops.

This happens when you have a high carb-only snack like chips, candy, soda, crackers, or pretzels.

Lunch and Dinner
Lunch combines filling fiber from vegetables and smart carbs with a lean, or low-fat, protein. The healthy fat can come either from the protein added during cooking (nuts on a salad) or as a dressing or sauce (such as oil and vinegar salad dressing).
Here’s an overview of what an ideal day looks like:
(See Portion Size Guide for proper serving sizes)
### Breakfast Options

<table>
<thead>
<tr>
<th></th>
<th>Fruit</th>
<th>Smart Carb</th>
<th>Protein/Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fruit and Nut Oatmeal</strong></td>
<td>Cook plain oats in water. Top with fruit, nuts, milk, cinnamon, and honey.</td>
<td>Berries or banana</td>
<td>Plain oats (Regular or quick-cook)</td>
</tr>
<tr>
<td><strong>Egg Muffin</strong></td>
<td>Cook eggs. Toast bread and top with 1 slice of cheese, 1 slice of ham, and tomato.</td>
<td>Tomato</td>
<td>English muffin or sandwich thin</td>
</tr>
<tr>
<td><strong>Yogurt Power Parfait</strong></td>
<td>Top yogurt with fruit. Sprinkle with 1 serving of nuts, 2-3 tbsp wheat germ, or ground flaxseed, 1 tbsp oats, and cinnamon.</td>
<td>Chopped fruit of your choice</td>
<td>Oats, wheat germ, and ground flaxseed</td>
</tr>
<tr>
<td><strong>On the Go PB &amp; Apple Sandwich</strong></td>
<td>Toast bread. Spread on peanut butter, thin slices of ½ an apple, and 1 teaspoon of honey.</td>
<td>Sliced apple</td>
<td>Sandwich thin, bread, or bagel thin</td>
</tr>
</tbody>
</table>

### Lunch & Dinner Options

<table>
<thead>
<tr>
<th></th>
<th>Lean Protein</th>
<th>Smart Carb</th>
<th>Veggies</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pork Loin, Sweet Potato &amp; Green Beans</strong></td>
<td>Grilled or baked pork loin</td>
<td>Baked Sweet Potato</td>
<td>Green Beans</td>
</tr>
<tr>
<td><strong>Chicken Stir Fry</strong></td>
<td>Flavor with 2 tablespoon teriyaki sauce</td>
<td>Chicken breast or boneless skinless thigh</td>
<td>Brown or wild rice</td>
</tr>
<tr>
<td><strong>Steak Tacos with Side Salad</strong> (3 for males, 2 for females)</td>
<td>Top with salsa, cilantro, and sprinkle of shredded cheese</td>
<td>Flank or sirloin steak</td>
<td>Corn tortillas</td>
</tr>
<tr>
<td><strong>Whole Wheat Pasta with Shrimp or Cannellini Beans &amp; Marinara Sauce</strong></td>
<td>Shrimp (frozen or fresh) or cannelini beans</td>
<td>Whole wheat pasta</td>
<td>Steamed broccoli</td>
</tr>
<tr>
<td><strong>Bunless Burgers with Oven Fries, Corn, &amp; Salad</strong></td>
<td>93% lean ground beef or turkey</td>
<td>Oven baked fries</td>
<td>Corn on the cob + side salad</td>
</tr>
<tr>
<td><strong>Tuna &amp; Avocado Wrap with Vegetable Soup</strong></td>
<td>Use 3oz of tuna (1 can). Top with lettuce, tomato, avocado, and mustard.</td>
<td>Tuna</td>
<td>High-fiber wrap</td>
</tr>
</tbody>
</table>
Snack Options

<table>
<thead>
<tr>
<th>Smart Carb</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 medium apple</td>
<td>10-15 almonds</td>
</tr>
<tr>
<td>Baby carrots</td>
<td>2 tbsp hummus</td>
</tr>
<tr>
<td>1 serving of crackers*</td>
<td>1 string cheese</td>
</tr>
<tr>
<td>Energy or protein bar with &lt;200 calories*</td>
<td></td>
</tr>
</tbody>
</table>

*See www.Bowflex.com/Resources for brand recommendations

Optional Treats

You have the choice of replacing Snack #2 with a 100-150 calorie treat. You can have an optional treat every day but for optimal health it is recommended to limit small splurges to 3-4 times per week. Use the approach that works best for you. Here are a few examples:

- ½ cup lowfat ice cream
- 1 small bag of baked potato chips
- 4oz of wine or 12oz light beer
- 3 cups of air-popped or light popcorn

Sample 3 Day Plan

Based on each of the meal options listed above, a typical 3 day plan could look like this:

<table>
<thead>
<tr>
<th></th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Egg muffin</td>
<td>Power yogurt parfait</td>
<td>Fruit + nut oatmeal</td>
</tr>
<tr>
<td>Snack 1</td>
<td>Apple with almonds</td>
<td>Nut Thins® + string cheese</td>
<td>Baby carrots and hummus</td>
</tr>
<tr>
<td>Lunch</td>
<td>Tuna &amp; avocado wrap with soup</td>
<td>Leftovers from dinner- day 1</td>
<td>Leftovers from dinner- day 2</td>
</tr>
<tr>
<td>Optional Snack 2 or Treat</td>
<td>½ cup ice cream bar</td>
<td>Energy bar</td>
<td>100 calorie bag of light popcorn</td>
</tr>
<tr>
<td>Dinner</td>
<td>Shrimp pasta</td>
<td>Chicken stir fry</td>
<td>Bunless burgers</td>
</tr>
</tbody>
</table>
### Portion Size Guide

Each of the items listed are for one serving

<table>
<thead>
<tr>
<th></th>
<th>MALE</th>
<th>FEMALE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PROTEIN</strong></td>
<td>2 eggs</td>
<td>1 egg</td>
</tr>
<tr>
<td></td>
<td>5oz chicken, fish, lean meat, or tofu</td>
<td>3oz chicken, fish, or lean meat</td>
</tr>
<tr>
<td></td>
<td>2/3 cup beans or lentils*</td>
<td>1/2 cup beans or lentils*</td>
</tr>
<tr>
<td></td>
<td>1 cup greek yogurt*</td>
<td>1/2 cup greek yogurt*</td>
</tr>
<tr>
<td></td>
<td>1.5oz cheese*</td>
<td>1.5oz cheese*</td>
</tr>
<tr>
<td><strong>HEALTHY FAT</strong></td>
<td>2 Tbspn peanut or nut butter*</td>
<td>1 Tbspn peanut or nut butter*</td>
</tr>
<tr>
<td></td>
<td>2 tspn olive, flax, or walnut oil</td>
<td>1 tspn olive, flax or walnut oil</td>
</tr>
<tr>
<td></td>
<td>1/4 cup of nuts</td>
<td>1/8 cup or 2 tablespoons of nuts (approx.15 almonds)</td>
</tr>
<tr>
<td></td>
<td>1/3 medium avocado</td>
<td>1/4 medium avocado</td>
</tr>
<tr>
<td><strong>SMART CARB</strong></td>
<td>1 cup cooked grains (1/2 cup raw): oats, brown rice, quinoa, pasta</td>
<td>1/2 cup cooked (1/4 cup raw) grains</td>
</tr>
<tr>
<td></td>
<td>1 medium sweet or regular potato</td>
<td>1/2 medium sweet potato or regular potato</td>
</tr>
<tr>
<td></td>
<td>2 corn tortillas</td>
<td>2 corn tortillas</td>
</tr>
<tr>
<td></td>
<td>1 slice of bread (or 2 light slices equaling 120 calories or less)</td>
<td>1 slice of bread (or 2 light slices equaling 120 calories or less)</td>
</tr>
<tr>
<td></td>
<td>1 english muffin, sandwich thin, or high-fiber wrap</td>
<td>1 english muffin, sandwich thin, or high-fiber wrap</td>
</tr>
<tr>
<td><strong>FRUIT</strong></td>
<td>1 medium apple, orange, or pear</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 small banana (length of your hand)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 cup berries or chopped fruit</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1/4 cup dried fruit (fresh or frozen is optimal)</td>
<td></td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td>You can have unlimited vegetables except for peas and corn; stick with 1/2 cup serving</td>
<td></td>
</tr>
<tr>
<td><strong>OPTIONAL TREATS</strong></td>
<td>2 cups spinach or lettuce = 2 cupped hands</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 cup raw vegetables</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1/2 cup cooked vegetables</td>
<td></td>
</tr>
<tr>
<td></td>
<td>6oz low sodium vegetable juice</td>
<td></td>
</tr>
<tr>
<td><strong>SMART CARB</strong></td>
<td>1/2 cup lowfat ice cream</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 small bag of baked potato chips</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1oz dark chocolate</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4oz of wine or 12oz light beer</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3 cups air-popped or light popcorn</td>
<td></td>
</tr>
<tr>
<td><strong>SMART CARB</strong></td>
<td>1 -1/2 oz cheese</td>
<td></td>
</tr>
</tbody>
</table>

* some foods are a combination of protein and carbs or protein and fat
### Grocery List

#### BREAD & GRAINS
- 100% whole wheat bread
- Sprouted grain breads
- Light or whole wheat English muffins
- Sandwich or bagel thins
- Corn or low-carb whole wheat tortillas
- High-fiber wraps
- Plain oats: 1 minute or old fashioned
- Whole grains: brown rice, bulgar, barley, quinoa, couscous

Tips: Look for 100% whole wheat as the first ingredient. Look for 4g of fiber per slice or 5g per 2 slices of light or diet bread. Aim for bread with less than 100 calories per slice.

#### DAIRY & DAIRY ALTERNATIVES
- Plain non-fat greek yogurt
- Kefir (yogurt like drink)
- Organic low-fat milk
- Enriched almond or soy milk
- Cheese: feta, parmesan, mozzarella, light havarti, provolone, swiss, string cheese, or single serving packages

#### MEAT, FISH, POULTRY & PROTEIN
- Wild game
- Salmon, halibut, tuna, tilapia, shrimp, catfish, scallops, or crab
- Pork loin, pork chops, or pork roast
- Chicken or turkey breast or thighs (no skin)
- Eggs and 100% egg whites
- Lean beef: sirloin, chuck, round, tenderloin, 93% lean (organic and grass fed is best)
- Canned salmon or tuna (in water)
- Nitrate-free, reduced sodium ham, turkey, chicken, or roast beef lunchmeat
- Any type of bean, dry or canned low-sodium varieties
- Tofu and tempeh

Tips: Look for “Choice” or “Select” cuts of meat rather than “Prime”. Prime cuts are fattier. Limit intake of highly processed meat and imitation meat products like sausage, bacon, pepperoni, and hot dogs to once a week or less.

#### FROZEN FOODS
- All vegetables without sauce
- All fruit
- Grains and grain medleys

### CRACKERS, SNACKS & ENERGY BARS
- Any unsalted nuts or seeds
- Air-popped or light popcorn
- Edamame in the pod

### FATS & OILS
- Avocado
- Olive, grapeseed, walnut, sesame, or flaxseed oil
- Butter/spreads: look for products free of trans fats and partially hydrogenated oils on the ingredient list.

Tips: Light olive oil refers to the flavor, not the calorie content. Always measure oil and butter. Even if a fat is considered healthy, it's still very high in calories and portions need to be controlled.

#### DRESSINGS, CONDIMENTS & SAUCES
- Vinegars: rice, wine, balsamic
- All fresh or dried herbs and spices
- Mustard
- Salsa and chili sauce
- Marinara sauce with no high-fructose corn syrup
- Lemon and lime juice
- Bottled minced garlic and ginger
- Low-sodium soy sauce

Tips: Look for products free of MSG, added colors, and high fructose corn syrup. Look for sauces under 50 calories per serving. Avoid cream based sauces and dressings like ranch, bleu cheese, and alfredo.

All fruits and vegetables, fresh and frozen, are great choices. Since every meal has one or both, your shopping cart should reflect this.
Keep It Going

Tips for continued weight loss and maintaining changes

• Keep weighing yourself weekly, even after you’ve reached your goal weight
• Continue keeping a food log. If you have your meal plan well-established, log your food every other week to keep yourself on track. Don’t feel like you have to do it every day.
• Prepare for plateaus. The scale might not budge for a few weeks or even months after some initial weight loss. This is normal and to be expected. It’s the body’s natural process for adjusting to your new lower weight. Stay focused on your long-term goal, celebrate your successes and changes, and mix up your workouts to help overcome the plateau.
• Calorie adjustments for maintaining weight loss. Once you’ve reached your goal weight, you can increase your calories 100-200 per day as long as your activity level stays the same
• Treat yourself. Have a non-food reward for each goal you hit such as a massage, a new outfit, or an outing with friends and family
• Use the resources below to find new recipes, get expert advice, and support to stay motivated

Resources

Downloadable Resources from Bowflex® Website (www.Bowflex.com/Resources)

• Grocery Shopping List for Fridge (Blank Form)
• 7 Day Meal Planning Form
• Additional Dinner Options
• Pre and Post Workout Fueling Guide

Questions & Support

• Ask questions, post suggestions, and connect with our online Bowflex® Dietitian on the Bowflex® Facebook page

Recipes

• www.wholeliving.com
• www.eatingwell.com
• www.whfoods.org
• www.livebetteramerica.org

Online food logs

• www.myfitnesspal.com
• www.loseit.com