

THINK

Week 1: Intro to the Burn 500 Program. Welcome to Program

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Daily Task	Keep food Log mynetdiary.com 3 HC Foods & F/V Serving	Keep food Log mynetdiary.com 3 HC Foods & F/V Serving	Keep food Log mynetdiary.com 3 HC Foods & F/V Serving	Keep food Log mynetdiary.com 3 HC Foods & F/V Serving	Keep food Log mynetdiary.com 3 HC Foods & F/V Serving	Keep food Log mynetdiary.com 3 HC Foods & F/V Serving	Keep food Log mynetdiary.com 3 HC Foods & F/V Serving
Today's Task	Shopping List for Program Fill Out Commitment Restaurant Log Save all grocery and restaurant receipts	Take Measurements	Fill Goal Sheet	Inspiration Project	Inspiration Project	Inspiration Project	Inspiration Project
To Do	Weigh yourself Get Scale	Take Measurement	Set your goals	Work on Inspiration	Work on Inspiration	Work on Inspiration	Top HC Foods In categories
Article	Why Eating Right is More Important than Exercise Need List for Program	#1Why Eating Right is more important than Exercise #2Common Interactions between Medicine and Food	Chef Charles Michaels Philosophy for Weight loss	Learn-Ready Set Go	Top 3 –Tips for your health	#1Learning to Judge How Much You Eat by Comparing Portion vs Serving #2Burn 500 Program	Recap Your favorite Foods may be keeping you from making your diet goals.
Video	Calorie Creep	Why Lose 10% of Weight	Introduction of Chef Charles Michael	Demystifying weight-loss	Stated Goals of program	Chances are Your Favorite 5 Foods are Making You Fat	
Download	MyNetDiary Food Log Form Need list List of things to get Daily Consumables Commitment	Measurement Sheet	Goal Sheet Make It Smart	Grocery list	Inspiration DVD	Food Plan View Portion Size	HC Recap Form Monthly Recap
Super Food Highlight	Kale	Carrots	Beets	Mushroom	Tomatoes	Eggplant	Grapefruit
Recipe	Kale and Sausage Ragout	Carrot Apple Ginger Soup	Grilled Beets in Rosemary Vinegar	Bok Choy and Shiitake Mushroom Stir Fry Recipe	Tomato and Basil Bruschetta	Eggplant, Potato and Okra Sabji	Thai Grapefruit & Jicama Salad
100 calorie Snack	8 M&M's 30 to a typical small bag	1-1/2 bite of a regular candy bag, normally 3 big bites per bar.	6 animal crackers 19 to a typical box	¾ of a 4 inch chocolate chip cookie. 125 calories	15 chocolate raisins Box at movies about 60 raisins.	10 potato chips Typical 8oz bag 120-130 chips	1/5 of large cupcake 500 plus depending on frosting
Weight –Loss Tip	Find a Friend with similar weight-loss goals	If your lifestyle is not pro health, change it along with any quitting bad habits.	Drink Water because then your not drinking something with calories	Stay Away from Vending Machines and convenience stores all together.	If you don't eat a 100 calorie snack at 10:30 and one at 2:30 do so	Choose foods with no nutrition labels.	Sleep is important for the body to rebuild itself and lose weight

THINK

Week 2: Are you Finding Time to Live a healthy lifestyle?

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Daily Task	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com
Today's' Task	Time Sheet record your day	Time Sheet record your day	Time Sheet record your day	Time Sheet record your day	Time Sheet record your day	Time Sheet record your day	Recap you Week
To Do	Weigh in Measurement Sheet	Record Time Sheet	Record Time Sheet	Record Time Sheet Healthy Life checkup	Record Time Sheet	Record Time Sheet	Add your times up and Fill Out forms
Article	Roi on Eating Healthy	Pro Health Activities Checklist	Making my life less toxic	Is you lifestyle healthy Healthy Life checkup		12 Little Changes to help you lose weight	Recap Time Management: Finding time for healthy activities.
Video	Finding Time In Your Busy Schedule for Pro-health Activities		Weight Loss Made Easier		Focus on Wellness and Lifestyle		
Download	Time Sheet			Healthy Life checkup			Inventory Your Life
Super Food Highlight	Zucchini	Cabbage	Quinoa	Pear	Salmon	Blueberries	Spinach
Recipe	Zucchini Quiche	Cabbage Vegetable Soup	Tabouli	Arugula and Pear Salad	Baked Pesto Coho Salmon	Garden Salad with Beets & Blueberries	Spinach Salad Sundried Tomato Dressing
100 Snacks	4 chocolate kisses.	9 french-fries	1-1/2 chocolate covered cherry	8 small gum drops	5 vanilla wafers	2 chocolate or vanilla sandwich cookies	Two-inch slice of angel food cake.
Weight -Loss Tip	If it doesn't rot don't eat it, avoid processed food whenever you can.	Prepare large batches of healthy food and freeze the rest.	To avoid overeating at restaurants eat a 1/2 portion.	Eat on a Schedule	Nutritionally speaking, being organic doesn't mean crap; it's more about the dirt.	Have healthy food readily available	If there is stress in your life, find a way to minimize it or it may affect your eating behavior.

THINK

Week 3: Food and Mood. Why we overeat?

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Daily Task	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com
Today's Task	Record Food and Mood	Record Food and Mood	Record Food and Mood	Record Food and Mood	Record Food and Mood	Record Food and Mood	Recap you Week
Other To Do	Weigh in Measurement Sheet	Record Food and Mood	Record Food and Mood	Record Food and Mood	Record Food and Mood	Record Food and Mood	Recap Record Food and Mood
Article	Healthy Truths	Appetite Vs Hunger	Is an Eating Disorders Causing Your Obesity		Anger & Depression	Enablers and Self Destructive Thoughts May Prevent You From Meeting Your Goals	Recap Food and Mood. Are your moods causing you to overeat?
Video	Why do I overeat		About Comfort Food	Psychological ties to Food			
Download	food and mood	Five thing may you angry about life	Five things that some one has done to you to make you mad or sad	Five things that you have done to yourself to make you mad or sad	Five Foods that make you happy	Five food you eat when you depressed	Food and Mood Worksheet
Super Food Highlight	Peas	Plums	Raspberries	Romaine Lettuce	Avocado	Black Beans	Bell Peppers
Recipe	Peas with Spinach and Shallots	Shrimp & Plum Kebabs	Mango Berry Fruit Salad	Fattoush	Avocado Energy Booster	Southwestern Marinated Salad	Grilled Bell Peppers with Goat Cheese
100 Snacks	2 Tbsp(s) sunflower seeds	3/4 can or bottle of beer	1 cup lemonade	1 tsp oil	2 bites of one Twinkie	1-1/2 ounce(s) shot of Whiskey	1/7 of Big Mac with cheese
Weight -Loss Tip	Buy 100 Calorie Ice Cream or bar if you currently eat ice cream	Nutritionally speaking, being organic doesn't mean crap; it's more about the dirt.	Add a salad with a piece of salmon or chicken as a meal once a week	Use Exercise and Hobbies to defuse emotions, not food.	Order something steamed or baked instead of fried.	Check your portion size to see how many servings you are eating and multiple the DV times it.	Order your sauces on the side

THINK

Week 4: Calculate how much should I eat to lose and maintain my weight?

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Daily Task	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com
Today's' Task	Over Under Analysis By Day						
Other To Do	Over-under Weigh in Measurement Sheet	Over-under	Over-under	Over-under	Over-under	Over-under	Over/under Sign Commitment Set weight loss goals
Article		Why is the Western Diet Making Us Fat	BMR-EER Calculation is Part of The Secret Formulate to Weight-Loss		How Much Should We Eat to Gain, Lose or Maintain Our Weight	Fourteen Ways to Reduce or Burn 500 Calories Without Ever Knowing Your Dieting	Recap Identify and reduce stress in your life.
Video	Healthier Attitudes towards food			Personal Point of Weight Loss		Setting Realistic Weight loss goals	
Download	BMR & EEG BMI Chart	Calculate Food Range Excel Spread Sheet Range	Calculate point of weight loss			Set weight loss goals	
Super Food Highlight	Red Potatoes	Butternut Squash	Bok Choy	Cantaloupe	Salsa	Buffalo	Figs
Recipe	Smashed Red Potatoes with Basil & Parmesan	Butternut Squash and Black Bean Chili	Braised Baby Bok Choy	Hawaiian Fruit Salad Recipe	Salsa Red Snapper	American Bison Strip Steak	Fig and Blue Cheese Salad
100 Snacks	1/2 banana rolled in 2 tsp(s) frozen semisweet chocolate chips	1 cup(s) grapes	1 medium pear	1 Yoplait Light Smoothie	1/2 medium bran muffin, low fat	4 oz. turkey breast	1/2 cup(s) frozen yogurt
Weight -Loss Tip	Use sugar with your coffee, cereal or fruit cut in 1/2	Visualize the way you want to look before starting this program.	Take a small walk before you eat.	Use Exercise and Hobbies to defuse emotions, not food.	Order a salad instead of an appetizer	Check your portion size to see how many servings you are eating and multiple the DV times it.	Take a photo of yourself each month.

EAT	Week 5: How to eat in a healthy way?						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Daily Task	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com
Today's Task	Eat Right Portion Tracker/Fiber	Eat Right Portion Tracker/Fiber	Eat Right Portion Tracker/Fiber	Eat Right Portion Tracker/Fiber	Eat Right Portion Tracker/Fiber	Eat Right Portion Tracker/Fiber	Eat Right Portion Tracker/Fiber
Other To Do	Weigh in Measurement Sheet						
Article	What is a Healthy Diet	Components of healthy diet	No One Bad Food or Day Makes a Difference	How Do I Get My Kids or Spouse to Like Eating Healthier	#1 Vegetarian Diets Guide Vegan Protein #2 How to Incorporate Vegan Proteins Into Your Diet	Other Diets Better for Us the Western Diet	Recap Principles of Eating Healthy
Video	Eat Right Tracker Explained		Drinking Water Your Most Effective Weight Loss Tool	Doesn't rot, don't eat	Eastern Diet		
Download	Eat Right Wheel						
Super Food Highlight	Almonds	Cod	Leeks	Broccoli	Lima Beans	Barley	Cottage Cheese
Recipe	Uptown Figs	Spicy Cod Recipe	Asparagus & Leek Soup	Antipasto Salad	Mediterranean Lima Beans	Beef Barley Soup	Oatmeal Pancakes with Cottage Cheese
100 Snacks	1/2 cup(s) ice milk	6 Reduced-Fat Tricots	2 Bagel Bites	½ English muffin, with 1 tsp(s) peanut butter	3 ounces(s) Tuna	1 medium pear	1/2 small avocado
Weight – Loss Tip	Set a realistic weight- loss goal.	Prepare Your meals ahead of time	Keep plenty of fresh fruits and vegetables on hand.	Going to bed early is never a bad idea.	Motivate yourself with a prize.	Cut out liquid calories which are easiest to cut	Think twice before eating anything with over 400 calories

EAT	Week 6: Breaking Bad habits						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Daily Task	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com
Today's Task	Bad Habit Work Sheet	Bad Habit Work Sheet	Bad Habit Work Sheet	Bad Habit Work Sheet	Bad Habit Work Sheet	Bad Habit Work Sheet	Bad Habit Work Sheet
Other To Do	Weigh in Measurement Sheet						Empty Calorie Recap.
Article	Junk Food in the Workplace is Another Weight-Gain Culprit	Hidden Calories Are Often Times Ingredients Other Than Sugar		Eating a Smaller Portion Size is the Easiest Way To Cut Calories Without Changing Anything Else			Recap Breaking Bad habits which cause weight gain.
Video	Busting Bad Habits		Foods to Avoid		Switching to a Lower Calorie Replacement Cuts Calories Quickly	Late Night Snacks Is Another Weight-gain Culprit	
Download							
Super Food Highlight	Cucumber	Oat Bran	Chinese long Beans	Chickpeas	Prunes	Mahi Mahi	Mandarin Orange
Recipe	Tomato and Cucumber Salad	Blueberry Nut Oat Bran Muffins	Chinese Green Beans with Crispy Garlic	Sun Dried Tomato Hummus	Dried Plum Snack Skewers	Mahi Mahi with Orange Sauce	Mandarin Orange Salad
100 Snacks	3/4 cup(s) unshelled edamame	1/2 medium cantaloupe	1 roasted chicken drumstick	1 hard boiled egg.	8 baked tortilla chips with 3 Tbsp(s) salsa	1 cup(s) Wheaties	5 ounces(s) champagne
Weight -Loss Tip	Avoid hunger by eating healthful snacks between meals.	Eat slower to eat less and enjoy more	Jump on an exercise machine and see how long it takes to burn the calories of your favorite food.	Avoid Tans Fats or food with more than 20% of the DV of total fats, cholesterol or sodium.	Reduce stress with yoga, meditation or exercise.	Drink water when you are thirsty	Freeze your chocolate snack and enjoy them more as they melt in your mouth.

EAT	Week 7: Diet Busters: Food to Cut or Avoid.						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Daily Task	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com
Today's Task	Track Calories from Sugar and fat	Track Calories from Sugar and fat	Track Calories from Sugar and fat	Track Calories from Sugar and fat	Track Calories from Sugar and fat	Track Calories from Sugar and fat	Track Calories from Sugar and fat
Other To Do	Weigh in Measurement Sheet						Recap decision Junk food Recap
Article	Simple Little Substitutions Help Meet calorie Goals	Chances are High Fructose Corn Syrup in soft drinks is making you obese		Article-Are Soft drinks killing me?		Food Claims On the Front are the First Clue To Check the Nutrition Label on the Back	Recap It's the little things you do with foods that can bust your diet.
Video	Diet Busters sugar and fat, refined carbs		Portion Control	Reduce Dependence on Red Meat	Flawed food Pyramid		
Download							
Super Food Highlight	Endive	Fava Beans	Brussels Sprouts	Sweet Potatoes	Tuna	Walnuts	Yogurt
Recipe	Endive Snack Recipe	Fava beans with garlic	Brussels Sprouts with Orange and Walnuts	Sweet Potato and Black Bean Salad	Tuna Melts	Chicken with Walnuts and Spinach	Raita
100 Snacks	1 cup(s) serving of minestrone soup	1/4 cup(s) hummus, 4 celery sticks	3 cup(s) air popped popcorn, seasoned with herbs	1 apple	2 cup(s) raspberries	1 cup(s) grapes	3/4 cup(s) crabmeat, canned or cooked
Weight –Loss Tip	Pay attention to portions	Avoid products with Total Carbohydrates over 20% of the daily recommended limit.	Keep up with your journal	Avoid eating in front of a television or computer.	Treat yourself occasionally.	Multiple calories time 2. If sodium mgs exceeds this number select another product.	Read any label twice that makes a claim of less or reduced.

EAT	Week 8: Diet Savors. Food to add to your diet.						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Daily Task	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com
Today's Task	Track Fiber Track Portions 8 Weeks Over-under	Track Fiber Track Portions 8 Weeks Over-under	Track Fiber Track Portions 8 Weeks Over-under	Track Fiber Track Portions 8 Weeks Over-under	Track Fiber Track Portions 8 Weeks Over-under	Track Fiber Track Portions 8 Weeks Over-under	Recap Track Portions 8 Weeks Over-under
Other To Do							
Article		6 nutrition tips to change your life		Food Label Basics-I-Items to Limit	#1Food Label Basics II- Items to Get Enough of #2Salt In Your Diet	Substitute Foods Make Weight Loss Easy	Recap Nutrition and selecting the right foods are key to meeting daily calories goals.
Video	What are nutrient dense foods		Eat more fiber	The Nutrition Label			
Download	Eat More Fiber						
Super Food Highlight	Mango	Okra	Halibut	Black Berries	Black Eyed Peas	Garlic	Flaxseeds
Recipe	Mango Salsa	Indian-Spiced Okra	Lime & Basil Halibut	Blackberry Cider	Healthy Crockpot Black Eye Peas	Roasted Garlic Recipe	Flax and Mixed Grains Granola
100 Snacks	1/2 medium cantaloupe	4 oz. turkey breast	1 hard boiled egg.	1 large apple and 5 almonds	1 grapefruit	1/3 cup(s) sherbet	10 medium fresh shrimp topped with picante sauce
Weight –Loss Tip	Downsize plates, bowls, glasses, silverware.	Decaf coffee or green teas are like drinking water.	Sugarless gum or candy can suppress appetite until a meal.	Watch Fat grams when choosing high protein food items as they tend to go hand in hand.	Gets a pedometer to see ho much your are moving in a day.	Read every nutrition label before you eat or buy a product.	Eat a healthy breakfast and start the day off right

COOK

Week 9: Cooking at home allows you to taking control of what you eat.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Daily Task	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com
Today's' Task	Healthify Recipes Substitutions	Healthify Recipes Substitutions	Healthify Recipes Substitutions	Healthify Recipes Substitutions	Healthify Recipes Substitutions	Healthify Recipes Substitutions	Healthify Recipes Substitutions
Other To Do	Weigh in Measurement Sheet						Added Exercises from condiments
Article	Healthified Recipes	Appliances Suggested for Healthy Preparation Techniques		Steaming and Stir-fry are the Healthiest Preparation Techniques	Chef Modifications		Recap Learn to cook in a healthy way and you can reduce the calories in your favorite foods even more.
Video	Eat a healthier prepared version		Plating Notes and Other Health Preparation Tips		A Calorie Restrictive Diet	Cooking with Spices and Herbs to Save Calories	
Download							
Super Food Highlight	Egg Whites	Cranberries	Miso	Pita Bread	Goose Neck Squash	Asparagus	Jicama
Recipe	Banana Walnut Pancakes	Pork Tenderloin with Balsamic-Cranberry Sauce	Miso Soup	Mediterranean Pita Sandwiches	Squash Eggplant Lasagna	Asparagus with Balsamic Vinaigrette	Shrimp Jicama Salad
100 Snacks	1 cup(s) skim milk	3/4 cup(s) Grape-Nuts Flakes	15 raw almonds	1 cup(s) apple cider	1 cup(s) Wheaties	5 ounces(s) red or white wine or champagne	1/2 cup(s) low-fat cottage cheese with 5 strawberries
Weight –Loss Tip	Hydrate before meals by drinking water so you eat less.	Eat oatmeal for breakfast for the fiber	Avoid all products with High Fructose Corn Syrup or manufactured sugars in them.	Avoid foods with high fructose syrup. Read items with no sugar added.	Replace your pastas with whole grain pastas	Choose foods that have fiber, vitamins and minerals in them.	Shoot for a pant or dress size as a weight loss goal

COOK

Week 10: Cleaning out your house of unhealthy foods.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Daily Task	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com
Today's' Task	Condiment Tracking	Condiment Tracking	Condiment Tracking	Condiment Tracking	Condiment Tracking	Condiment Tracking	Condiment Tracking
Other To Do	Weigh in Measurement Sheet						Complete All Star List
Article	Creating a Pantry All Star List	Does the way food is processed affect its nutritional content	Cleaning out your Pantry	Cleaning out your Refrigerator	Cleaning out your Freezer	Cleaning our your Drinks	Recap
Video	Condiments Used on Foods		Healthify your House				
Download							
Super Food Highlight	Jumbo Shrimp	Parmesan Cheese	Ostrich	Seaweed	Snow peas	Red cabbage	Daikon
Recipe	Jumbo Shrimp with Bok Choy	Parmesan-Roasted Broccoli	Balsamic Ostrich Steak	Avocado & Nectarine Seaweed Wraps	Orange Beef and Snow Peas	Fall Red Cabbage	Roasted Daikon Radishes
100 Snacks	8 ounces(s) diet root beer float add a scoop of non-fat vanilla frozen yogurt.	4-6 ounces(s) of no-fat or low-fat yogurt	5 ounces(s) tossed salad with lettuce, tomato, cucumber and 1/4 cup(s) fat-free dressing	12 Nori Maki Crackers rice crackers	1 marshmallow, 1 graham cracker drizzle with a teaspoon of chocolate syrup	1 orange and 5 dry-roasted nuts	½ cup(s) broccoli and 2 Tbsp(s) shredded cheese (2 tablespoons)
Weight –Loss Tip	Clean out your pantry and refrigerator.	Keep a box of 100 calories snacks, fruits, nuts at the office.	Use no-fat Greek yogurt in dishes where you might use cream cheese or sour cream.	The shorter the list of ingredients which you have never heard of the better.	Pound your steak or chicken breast flat so that it looks like more food.	Grind up zucchini, squash and carrots and add them to lasagna or spaghetti	Ask for a to go box with the meal if you know its a large portion

COOK

Week 11: Cooking with the Best Quality Protein

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Daily Task	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com
Today's Task	Protein Tracking	Protein Tracking	Protein Tracking	Protein Tracking	Protein Tracking	Protein Tracking	Protein Tracking
Other To Do	Weigh in Measurement Sheet						
Article	Choosing Healthy Proteins	Selecting the Healthiest Cuts of Beef		Fish and Seafood are Healthy Alternatives to Red Meat	Three Ways of Calculating Your Protein Requirements	Adding Quality Protein to Soups and Salads	Recap Selecting quality and alternative proteins can help you meet your daily calorie goals.
Video	Reduce Your Dependence on Red Meat		Chicken Pork and Game		Alternate Sources of Protein		
Download	Healthified recipes						
Super Food Highlight	Curry	Arugula	Napa Cabbage	Strawberries	Wild Rice	Scallops	Hummus
Recipe	Curried Roasted Potatoes	Arugula with Orzo	Napa Cabbage and Snow Pea Stir Fry	Strawberry, Melon & Avocado Salad	Wild Rice, Cranberry and Toasted Almond Salad	Seared Sea Scallops	Black Bean Hummus
100 Snacks	1 cup(s) raw cherries or 1/2 cup(s) sweet in heavy syrup	1 cup(s) mango chunks	½ honeydew melon	1 roasted chicken drumstick	4 mini rice cakes with 2 Tbsp(s) low-fat cottage cheese	3 ounces(s) cooked whole- grain noodles with 1 fresh tomato and 1/2 ounces(s) hard cheese	8 ounces(s) low-fat yogurt or a fat-free chocolate pudding cup.
Weight –Loss Tip	Hold special sauces on burgers and use ground mustard or salsa.	Add muscle mass as you burn more calories	Drink 8 glasses of water a day and avoid soda, fancy coffees and high calorie drinks.	Try a zero calories spray salad dressing	Get plenty of sleep.	Watch an exercise DVD on your television and exercise instead of watching a movie.	Avoid processed food for a week

COOK

Week 12: Rev your metabolism for optimal health and weigh-loss

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Daily Task	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com
Today's' Task	Metabolism checklist Over-under	Metabolism checklist Over-under	Metabolism checklist Over-under	Metabolism checklist Over-under	Metabolism checklist Over-under	Metabolism checklist Over-under	Metabolism checklist Over-under
Other To Do	Weigh in Measurement Sheet						
Article	Rebalancing your Endocrine System	Metabolism Boosting Activities	Certain Foods Can Boost Your Metabolism	Detoxify your body for A-Z	Body Builders Eat Smaller More Frequent Meals to Increase Their Metabolism	Exercises for Keep Up Muscle Strength in Adults over 40	Recap Revvng your metabolism has the same effect as calorie reduction or exercise.
Video	How to Get Your Metabolism Going			Basic of a body Detox		Help maintain your daily calories with 100 Calorie Exercises	
Download							
Super Food Highlight	Papaya	Sun-dried tomatoes	Cauliflower	Swiss Chard	Tofu	Venison	Watercress
Recipe	Thai Green Papaya	Pollo al Ajillo con Tomates Secos	Sautéed Cauliflower with Turmeric	Garlic Swiss Chard	Saag Tofu	Venison with Morel Sauce	Chicken and Watercress Salad
100 Snacks	2 ounces(s) chicken lunch meat, (two slices)	1 ounces(s) dried fruit	2-1/2 cup(s) of steamed vegetables seasoned with spices	1/2 cup(s) Spaghetti, cooked, to with picante sauce or tomato sauce	1/4 cup(s) of fat-free ranch dressing to 1 cup(s) of carrots or celery	1/2 banana rolled in 2 tsp(s) frozen semisweet chocolate chips	1 small baked potato with 1/2 cup(s) salsa and 2 Tbsp(s) of fat-free sour cream
Weight -Loss Tip	Identify your ideal Weight as a goal and weigh yourself regularly.	A Fact is a Fact. A claims means, you better look twice at the nutrition label.	Try a detox program when you eat only fresh fruits and vegetables for 10 days.	Avoid anything that is breaded	Make sure you take measurements when you weigh yourself.	Create a Pantry All-Star list as to compare products against on future shopping trips.	Tell others your goals and make them hold you accountable

SHOP	Week 13: Restaurants and their hidden Calories						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Daily Task	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com
Today's' Task	Menu Analysis Breakfast	Menu Analysis Lunch	Menu Analysis Dinner	Menu Analysis Snacks	Menu Analysis Late night	Menu Analysis Drinks	Analysis Restaurant Log
Other To Do	Weigh in Measurement Sheet Substitute Breakfast	Substitute Lunch	Substitute Dinner	Substitute Snacks	Substitute Drinks	Substitute Late night	
Article	Tips for Eating at Breakfast, Lunch and Dinner	Eating at Various Restaurant Venues	Eating the Asian Cuisines	Eating World Cuisines	Build a better Salad, salad, Potato		Recap
Video	Are restaurant trying to kill you.	Restaurant Ordering Tips			Build Better Meals	30 Global Eating Tips	
Download							
Super Food Highlight	Watermelon	Turkey	Red Snapper	Pinto Beans	Parsnip	Pineapple	Peach
Recipe	Watermelon Salsa	Meatball Lettuce Wraps	Grilled Whole Red Snapper	Spiced Pinto Beans	Roasted Carrots and Parsnips	Sweet potato & pineapple salad	Peach Crumble
100 Snacks	1 cup(s) tomato soup prepared with skim milk	1 medium banana	1 medium ear corn on cob, dusted with Creole seasoning	1 slice of deli meat and 1 slice of cheese wrapped in a lettuce leaf	1 cup(s) baby carrots	1/2 cup(s) of sweetened applesauce	1 mandarin orange
Weight –Loss Tip	Focus on your health, not your weight.	Cut empty calorie junk foods one at a time.	Log all the foods you eat for one week and Replace poor choice foods with better choices.	No fast food for a week as a trial.	Keep things like grapes, Clementine, small apples for quick bites.	Eat your DV of fiber or more as it fills you up and cleans you out.	If you find your self eating late night, go to bed early and wake up early and exercise

SHOP	Week 14: How to shop healthy at your grocery store?						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Daily Task	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com
Today's' Task	Substitute Refrigerator	Substitute Freezer	Substitute Pantry	Substitute Snacks	Substitute Drinks	Substitute Misc	Color Fruit/Vegetables C-15
Other To Do	Weigh in Measurement Sheet						Analyze receipts
Article	Tips to healthy Shopping	Healthy Foods help you lose Weight	Substituting High Calorie Foods with Low Calorie Versions	Get a Rainbow of Fruits and Vegetables	250 Super foods and their curative properties	The Organic Food Scam, Is the Extra Cost Worth It	Recap Starting with healthy ingredients is the first step in eating healthy.
Video	Which Foods Cause Weight Loss			What are super foods		Is organic food really nutritionally better for you	
Download	Healthy shopping list						
Super Food Highlight	Mustard Greens	Lobster	Lentils	Kiwi	Goat Milk Cheese	Granola	Acorn Squash
Recipe	Mustard Greens	Basil-Lemon Lobster Salad	Feta-Cranberry Lentil Salad	Cucumber and Kiwi Salad	Goat cheese stuffed Chicken Breast	Homemade Granola	Penne with Braised Squash & Greens
100 Snacks	1/2 cup(s) low-fat pudding layered with two crumbled vanilla wafers	1/2 string cheese with 4 whole-wheat crackers	1/2 medium blueberry muffin, low fat	1 cup(s) Lime diet Jell-O with a scoop of cottage cheese	8 baked tortilla chips with 3 Tbsp(s) salsa	1 seven-grain Belgian waffle	12 Nori Maki Crackers rice crackers
Weight –Loss Tip	Fat has twice the calories than carbs or protein.	Seek better eating Practices.	Select the lowest calorie version of your favorite products	If you eat out, check restaurant website and order healthiest choice.	Muscle weighs more than fat. If you gain muscle mass and a little weight its ok.	Get a wok or a steamer.	Cut white foods like all purpose flours, salt and sugar

SHOP

Week 15: Eating to prevent, maintain or reverse chronic disease.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Daily Task	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com
Today's Task	CDP Checklist	CDP Checklist	CDP Checklist	CDP Checklist	CDP Checklist	CDP Checklist	CDP Checklist
Other To Do	Weigh in Measurement Sheet	MedFacts Questionnaire					
Article	Is the Government Watching Out for Your Health?	Last Doctor Checkup	What Can You do to Avoid Cancer	A Low GI Diet	Obesity Guide Lines	RDAs For Men And Women	Recap Reduce the risk of chronic disease by eating better and certain lifestyle changes.
Video	Adjusting your diet for chronic disease	Heart Health Fundamentals	Cancer health Fundamentals	Managing Diabetes Seminar	(this course ☺)	Should I use Supplements	Protecting Your Terrain 25 Rules for Healthy Eating Burn 500 Conclusion
Download		Heart Health Fundamentals	Cancer Prevention Fundamentals	Diabetes Fundamentals	Obesity Fundamentals		
Super Food Highlight	Apple	Brown Rice	Crimini Mushroom	Celery	Kidney Beans	Banana	Mung Beans
Recipe	Baked Pearl Barley and Apples	Kale and Chicken Brown Rice Salad	Quinoa Pilaf with Crimini Mushrooms	Celery Boats	Sweet Potato Burritos	Mango-Banana Frozen Yogurt	Tangy Mung Bean Salad
100 Snacks	1 ounces(s) buffalo mozzarella, 1/2 cup(s) cherry tomatoes	2 cup(s) watermelon cubes	1 cup(s) cucumber salad with vinegar and garlic salt	2 ounces(s) boiled ham	100 Calorie Cheetos Mini Bites	2 ounces(s) boiled ham	3/4 cup(s) pineapple chunks, in own juice
Weight -Loss Tip	Carry a book bag loaded with books or water as it will help you burn more calories.	Keep a Food Journal with all of the tools given in the program.	Do cardio before you eat in the morning so it uses stored fat?	Forget TV weight loss celebrities or info commercial selling you exercise equipment	Cook your own meals so you know the ingredients and calories	Don't shop while you are hungry	Eat raw not dried fruits and save on calories

SHOP	Week 16: Life long success with the Burn 500 program						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Daily Task	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com	Keep food Log mynetdiary.com
Today's' Task	Over/Under Reasons/ Patterns/Corrections	Over/Under Reasons/ Patterns/Corrections	Over/Under Reasons/ Patterns/Corrections	Over/Under Reasons/ Patterns/Corrections	Over/Under Reasons/ Patterns/Corrections	Over/Under Reasons/ Patterns/Corrections	Over/Under Reasons/ Patterns/Corrections
Other To Do	Weigh in Measurement Sheet Over-under	Over-under	Over-under	Over-under	Over-under	Over-under	Over-under
Article	Healthy Lifestyle Self Test	Food & Mood Self Test	Eat Right Self Test	Cook Right Self Test	Shop Right Self Test	Exercise Right Self Test	Articles Protecting Your Terrain 25 Rules for Healthy Eating Are You making Your Goals Video Burn 500 Conclusion
Video	Recap of Lifestyle Changes that Affect Healthy Eating and Weight-Loss Goals	Food and Mood that Affect Healthy Eating and Weight- Loss Goals	Eating in a Healthy Way is tied to Weight-Loss Goals	Healthy Cooking Techniques Affect Healthy Eating and Weight-Loss Goals	What you shop for Can that Affect you Health and Weight-Loss Goals	Exercise and Metabolism Can Affect Healthy Eating and Weight-Loss Goals	
Download	Self Test	Self Test	Self Test	Self Test	Self Test	Self Test	
Super Food Highlight	Apricot	Bulgur	Yellow Onions	Pine Nuts	Swordfish	Tahiti	Wheat Bran
Recipe	Apricot Almond Pilaf	Bulgur Chickpea Salad	Yellow Squash and Onions	Pine Nut & Cinnamon Meatballs	Grilled Swordfish	Feta Burger with Tahiti	Muesli
100 Snacks	1 baked sweet potato with 2 Tbsp(s) fat free sour cream or yogurt	1 chicken or turkey frankfurter No bun	4 dates, dried, pitted, whole	1 cup(s) baby carrots	1 cup(s) of vegetable soup with beef, chicken broth	1 cheese stick with marinara sauce	1/2 cup(s) of fat-free ice cream.
Weight –Loss Tip	Eat and all vegetable meal	Add any type of dried bean to your diet.	Calm yourself if you're stressed before you eat.	Wear ban on the wrist you hold you fork or somewhere to remind you to "Eat the Right Foods."	Order an extra side instead of dessert	Add your exercise time to you daily colander like an appointment.	Men are not women, you are not anyone else. Everyone gains and loses weight uniquely.