Eat, Drink and Thrive

Energy-Boosting Diet Plan
Top power foods, helpful tips and a 3-day plan to feel your best.

By Jeannie Bonardi, RD/Nutritionist at Sutter Health’s Eden Medical Center

**TOP 6 POWER FOODS**

**Avocado**
Rich in vitamin E and mono-unsaturated fats. An eighth of an avocado only has 45 calories!

**Broccoli**
Steamed broccoli helps to lower cholesterol and detoxify bodily systems.

**Apples**
Keep the peels on! Red Delicious and Fuji apples help to regulate blood sugar.

**Tomatoes**
These and other red fruits and vegetables contain lycopene, a beneficial antioxidant.

**Nuts**
High in poly-unsaturated fats with traces of protein: up to 2 tbsp. a day is ideal.

**Oatmeal**
This nutritious grain is ideal for breakfast. Add some banana or dried fruit!

**TOP 5 ENERGY BUSTERS**

**Coffee**
Too much caffeine will cause a blood sugar crash and deplete energy.

**Sugar**
Sugar may give you quick energy, but that energy will collapse soon thereafter and create craving for more sugar.

**Sodas**
Soda is high in caffeine and sugar and has zero nutritional value.

**Energy Drinks**
High caffeine content stresses the heart and adrenals.

**Processed Foods**
These lack vital nutrients and often are loaded with salt and hidden sugars.
TO BOOST YOUR ENERGY

- Always eat a healthy breakfast and include protein-rich foods.
- Instead of three main meals, eat five or six smaller meals and snacks.
- Add legumes to your diet: Soak dried beans and make a pot to eat during the week.
- Drink more water—dehydration saps energy; 64 oz. per day is ideal.
- Don’t overdo your protein: 6–8 ounces of lean protein per day is plenty.
- Track your “hunger quotient” and eat only when hungry; stop when full.
- Eat dinner early: Allow at least 3 hours between dinner and bedtime.
- Exercise daily: Even a 20-minute walk after meals will increase energy.
- Keep a positive attitude! An upbeat attitude will boost your energy.

ENERGY-BOOSTING DIET PLAN

SAMPLE MENU: 3 Day Menu Plan

<table>
<thead>
<tr>
<th>[Day 1]</th>
<th>Wake Up, Drink 8 ounces water</th>
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</table>
| **Breakfast** | 1 cup cantaloupe  
3 egg whites scrambled  
1 medium diced tomato  
1 slice whole wheat toast  
1 tsp butter  
Peppermint tea | 3 mg beta-carotene, 68 mg vitamin C  
10.5 g protein  
4 mg lycopene  
2.7 g protein | 60 calories  
51 calories  
26 calories  
80 calories  
45 calories  
0 calories |
| **Snack** | 2 tbsp golden raisins  
12 almonds  
2 cups water | 60 calories  
90 calories |
| **Lunch** | 1 cup arugula and spinach salad  
2 oz grilled chicken breast  
1 medium tomato  
½ medium cucumber sliced  
1¼ cup strawberries  
1 tbsp sunflower seeds  
1 tsp olive oil & 1 tbsp lemon juice  
2 cups water | 14 g protein  
4 mg lycopene  
82 mg vitamin C  
5 mg vitamin E, 5 mcg selenium | 25 calories  
150 calories  
26 calories  
12 calories  
60 calories  
51 calories  
50 calories |
| **Power Snack** | 1 Fuji apple, medium, sliced  
2 tbsp peanut butter  
2 cups water | 5 g fiber  
8 g protein | 60 calories  
190 calories |
| **Dinner** | 4 oz grilled wild Atlantic salmon  
1 cup steamed broccoli  
1 cup boiled red potatoes  
1 cup watermelon  
2 cups water | 28 g protein  
82 mg vitamin C  
15 mg lycopene | 161 calories  
50 calories  
160 calories  
60 calories |
| **Bedtime Snack** | 1 cup Greek yogurt, low fat  
1 cup raspberries | 10 g protein | 150 calories  
60 calories |

Day One Totals: 1577 calories, 73.2 grams protein
### Day Two

**Breakfast**
- 1 cup oatmeal
- ¾ cup blueberries
- 1½ tbsp. ground flaxseed
- 1 cup fat-free milk
- 1 cup green tea
- 2 cups water

<table>
<thead>
<tr>
<th>Description</th>
<th>Calories</th>
<th>Protein</th>
<th>Vitamins &amp; Minerals</th>
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</thead>
<tbody>
<tr>
<td>Power food</td>
<td>160</td>
<td>0</td>
<td>Vitamins C &amp; E, antioxidant, anti-cancer</td>
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<tr>
<td>Omega oils</td>
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<tr>
<td>0 calories</td>
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**Snack**
- 20 peanuts
- ½ cup tomato juice

<table>
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<tr>
<td>6 g protein</td>
<td>90</td>
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<tr>
<td>13 mg lycopene</td>
<td>35</td>
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**Lunch**
- 1 cup lentil soup
- 3 oz grilled halibut
- 1 cup romaine lettuce,
- ½ cup red peppers, ½ cup tomatoes
- 2 tbsp oil and vinegar dressing or vinaigrette
- 2 cups water

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<tr>
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<td>22.7 g protein</td>
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<td>90 calories</td>
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**Power Snack**
- 1 small banana (4 oz)
- 1 cup fat-free milk

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<tbody>
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<tr>
<td>100 calories</td>
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**Dinner**
- 1 cup cooked red and green peppers
- 2 tsp olive oil (to sauté peppers)
- 1 medium orange
- 2 cups water

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<tr>
<td>59 mg vitamin C</td>
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**Day Two Totals:** 1688 calories, 83.2 grams protein

### Day Three

**Breakfast**
- Smoothie Drink:
  - 1 small 4 oz banana
  - ¾ cup strawberries
  - 1 cup 2% milk
  - 5 ice cubes
  - 1 tbsp peanut butter
  - Ginger tea
  - 2 cups water

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<td>95 calories</td>
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<td>0 calories</td>
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**Snack**
- ½ cup mango
- 1 cup Greek yogurt
- 1 cup water

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<tr>
<td>140 calories</td>
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**Lunch**
- 1 cup baked sweet potato
- 2 oz sliced turkey
- 1 cup steamed green beans
- 1 cup salad:
  - Fresh spinach, tomato, cucumber
  - 1 tbsp Italian dressing
  - 2 cups water

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<td></td>
</tr>
<tr>
<td>50 calories</td>
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**Dinner**
- 7/8 cup cooked brown rice
- 1 cup Chinese vegetable stir-fry:
  - Garlic, onion, fresh ginger, broccoli, bok choy and carrots
  - 3 oz scallops
  - Jasmine tea
  - 2 cups water

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<tr>
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<tr>
<td>21 g protein</td>
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**Day Three Totals:** 1540 calories, 53 grams protein

### Day Three Totals:
- **Breakfast**: 385 calories
- **Snack**: 200 calories
- **Lunch**: 460 calories
- **Dinner**: 495 calories

**Total**: 1540 calories, 53 grams protein