

gbites menu plan

The gbites system consist of three plans gbites regular, gbites advanced, and gbites accelerated. Each plan can be changed to fit your specific desires and design. The goal of the program is to be a tool for mastering food portion control and recognizing food serving sizes. Remember gbites is your plan for a healthy lifestyle. On the gbites system the average weight loss is 3 to 5 pounds a week depending on the plan you choose and your level of activity.

gbites regular meal plan

breakfast (choose one of the following or design your own)

- $\frac{1}{2}$ cup of fiber based cereal with one cup of soy or fat free milk
- 1 cup of oatmeal or grits with an 8 oz glass of 100% fruit or vegetable juice
- 1 cup of low fat yogurt with $\frac{1}{2}$ cup of fresh fruit

lunch (choose one of the following or design your own)

- lean turkey, chicken, or roast beef with dark leafy lettuce and tomatoes on whole grain bread.
 - Tuna with light mayo and dark leafy lettuce on whole grain bread
 - Garden or Caesar Salad with vinegar based dressing
- (Add an 8 oz glass of 100% fruit or vegetable juice with each meal choice)

dinner

- 12 bites of your favorite meal and drink of your choice.

Be active on purpose! Go for a walk after dinner with the family or engage in activities such as yard work, swimming, yoga, or community sports.

Just be active and have fun!

gbites advanced meal plan

breakfast

- *12 bites of your favorite breakfast with an 8 oz glass of 100% fruit or vegetable juice*

lunch

- *8 to 10 bites of your favorite lunch with an 8 oz glass of 100% fruit or vegetable juice*

dinner

- *8 to 6 bites of your favorite dinner with an 8 oz glass of 100% fruit or vegetable juice*

The advanced menu does not allow snacking. If you have health challenges altar the menu to secure your health and success.

Add a multi vitamin (consult your physician)

Walk and/ or stretch daily

gbites accelerated meal plan

breakfast

- *10 to 8 bites of your favorite breakfast with an 8 oz glass of 100% fruit or vegetable juice*

lunch

- *8 to 6 bites of your favorite lunch with an 8 oz glass of 100% fruit or vegetable juice*

dinner

- *6 bites of your favorite dinner with an 8 oz glass of 100% fruit or vegetable juice*

The accelerated meal plan does not allow for snacking. If you have health challenges altar the menu to secure your health and success.

*Add a multi vitamin (consult your physician)
Walk and/ or stretch daily*

Note: You can create your own plan. I recommend no more than 12 bites per meal and no less than 6 bites per meal. Always eat at least 2 meals a day and keep all meals at least 4 to 6 hours apart with no snacking. Drink water between, during, and after meals.

Doctor recommended meal replacement drinks or shakes such as Ensure are allowed. Consume only one meal replacement per day. Keep the focus on real food and moderation.

Gbites recommend you have a health physical before beginning the gbites system or any plan that promotes significant weight loss.

Send your comments to gbites.org or barbarajwarren@comcast.net

On behalf of our family, thank you and may God bless you!