

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.

TOP TIPS

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

[Day 1]	Wake Up, Drink 8 ounces water		
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	60 calories
		10.5 g protein	51 calories
Snack	2 tbsp golden raisins 12 almonds 2 cups water	4 mg lycopene	26 calories
		2.7 g protein	80 calories
			breakfast total: 262 calories
			60 calories
			90 calories
			snack total: 150 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	25 calories
		4 mg lycopene	150 calories
			26 calories
			12 calories
			60 calories
			51 calories
			50 calories
			lunch total: 374 calories
Power Snack	1 Fuji apple, medium, sliced 2 tbsp peanut butter 2 cups water	82 mg vitamin C	60 calories
		5 mg vitamin E, 5 mcg selenium	190 calories
			power snack total: 150 calories
Dinner	4 oz grilled wild Atlantic salmon 1 cup steamed broccoli 1 cup boiled red potatoes 1 cup watermelon 2 cups water	5 g fiber	161 calories
		8 g protein	50 calories
			160 calories
			60 calories
			dinner total: 431 calories
Bedtime Snack	1 cup Greek yogurt, low fat 1 cup raspberries	10 g protein	150 calories
			60 calories
			bedtime snack total: 210 calories
Day One Totals: 1577 calories, 73.2 grams protein			

SAMPLE MENU: 3 Day Menu Plan

[Day 2]			
Wake Up, Drink 8 ounces water			
Breakfast	1 cup oatmeal ¾ cup blueberries 1½ tbsp. ground flaxseed 1 cup fat-free milk 1 cup green tea 2 cups water	Power food Vitamins C & E, antioxidant, anti-cancer Omega oils 8 g protein	160 calories 60 calories 45 calories 100 calories 0 calories
Snack	20 peanuts ½ cup tomato juice	6 g protein 13 mg lycopene	90 calories 35 calories
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	9.9 g protein 22.7 g protein	135 calories 119 calories 75 calories 90 calories
Power Snack	1 small banana (4 oz) 1 cup fat-free milk	8 g protein	60 calories 100 calories
Dinner	3 oz chicken fajitas 1 corn tortilla ½ cup black beans 1 cup cooked red and green peppers 2 tsp olive oil (to sauté peppers) 1 medium orange 2 cups water	21 g protein 7.6 g protein 59 mg vitamin C	225 calories 80 calories 114 calories 50 calories 90 calories 60 calories
[Day 3]			
Wake Up, Drink 8 ounces water			
Breakfast	<i>Smoothie Drink:</i> 1 small 4 oz banana ¾ cup strawberries 1 cup 2% milk 5 ice cubes 1 tbsp peanut butter Ginger tea 2 cups water	8 g protein, 5 g fat 4 g protein	60 calories 30 calories 120 calories 95 calories 0 calories
			breakfast total: 385 calories
Snack	½ cup mango 1 cup Greek yogurt 1 cup water	10 g protein	60 calories 140 calories
			snack total: 200 calories
Lunch	1 cup baked sweet potato 2 oz sliced turkey 1 cup steamed green beans <i>1 cup salad:</i> Fresh spinach, tomato, cucumber 1 tbsp Italian dressing 2 cups water	14 g protein	160 calories 150 calories 50 calories 50 calories 50 calories
			lunch total: 460 calories
Dinner	⅔ cup cooked brown rice <i>1 cup Chinese vegetable stir-fry:</i> 1 tsp canola oil Garlic, onion, fresh ginger, broccoli, bok choy and carrots 3 oz scallops Jasmine tea 2 cups water	21 g protein	160 calories 50 calories 60 calories 225 calories 0 calories

Day Three Totals: 1540 calories, 53 grams protein

dinner total: 495 calories