

# Seeking your Ideal Weight

A Gift from Jeff Nelson, Founder of VegSource.com

The key to permanent weight-loss is a lifelong shift to a whole food, plant-based diet—while maximizing your consumption of food with the lowest level of “calorie density” (calories per pound). This chart will help you plan your routine meals as you strive to make 2/3 of your plate “non-starchy” vegetables and the other 1/3 from the four other categories of whole plants in the “GO” section in green below:

| <b>CALORIE DENSITY</b>    |   |
|---------------------------|---|
| <b>WEIGHT LOSS KEY</b>    |   |
| <b>CALORIES PER POUND</b> |   |
| <b>100 CALS.</b>          | <b>- VEGETABLES (NON-STARCHY)</b>    |
| <b>300 CALS.</b>          | <b>- FRUIT</b>  |
| <b>400 CALS.</b>          | <b>- POTATO, CORN, SQUASH, OATS</b>   |
| <b>500 CALS.</b>          | <b>- WHOLE GRAINS, RICE, PASTA</b>  |
| <b>600 CALS.</b>          | <b>- BEANS &amp; LEGUMES</b>  |
| <hr/>                     |   |
|                           | <b>AVOID/LIMIT</b>  |
| <b>750 CALS.</b>          | <b>- AVOCADOS</b>   |
| <b>1200 CALS.</b>         | <b>- ICE CREAM</b>  |
| <b>1400 CALS.</b>         | <b>- BREAD/BAGELS/WRAPPS</b>  |
| <b>1600 CALS.</b>         | <b>- CHEESE, DRY CEREAL</b>   |
| <b>1800 CALS.</b>         | <b>- SUGAR, CRACKERS, POPCORN</b>  |
| <b>2500 CALS.</b>         | <b>- CHOCOLATE</b>  |
| <b>2800 CALS.</b>         | <b>- NUTS, SEEDS, BUTTERS, TAHINI</b>   |
| <b>4000 CALS.</b>         | <b>- ALL OILS, OIL-POPPED POPCORN</b>   |

*This page for your refrigerator was prepared by J. Morris Hicks, hpjmh.com  
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