

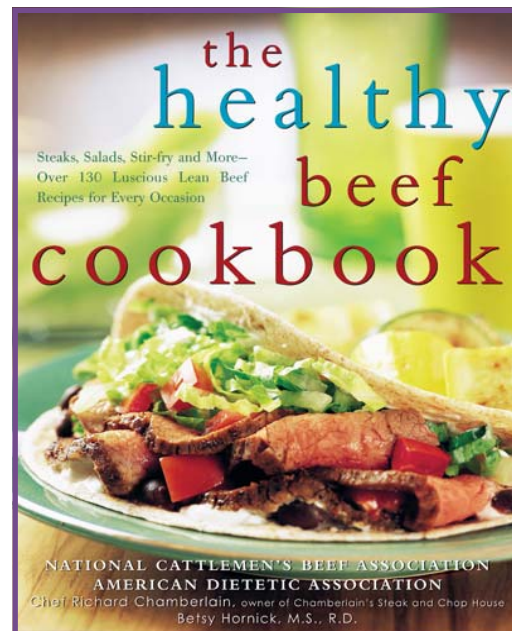
# Getting a BOLD Start



A new study called BOLD (Beef in an Optimal Lean Diet) shows that **adding lean beef to the most recommended heart-healthy diet can lower heart disease risk** by reducing levels of total and LDL “bad” cholesterol. Get started with sample menus for an 1,800 calorie or 2,100 calorie diet and delicious lean beef recipes. Consult with a Registered Dietitian or visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) to determine how many calories you need in a day.

It's easy to follow a heart-healthy meal plan like the one followed in the BOLD study when you choose nutrient-rich lean beef.

You can follow the same heart-healthy diet as the participants of the BOLD study by using recipes from *The Healthy Beef Cookbook*, a collection of delicious, nutrient-rich recipes for America's favorite protein, beef.



## Popular Beef Cuts are Leaner Than You Thought

*Popular lean beef cuts chosen in the meat case:*

- Top sirloin
- Top round steak
- Top loin (strip or New York steak)

*Popular lean beef cuts chosen in restaurants:*

- Tenderloin (filet mignon or medallions)
- Top loin (strip or New York steak)
- Top sirloin



Lean: less than 10g of total fat, 4.5g or less of saturated fat, and less than 95mg of cholesterol per serving and per 100 grams.

## BOLD DIET MENU DAY 1

2100 KCAL

	BREAKFAST	LUNCH	DINNER	SNACKS
	<ul style="list-style-type: none"> <li>◇ Oatmeal (1/3 cup dry)</li> <li>◇ Blueberries, frozen (1/2 cup)</li> <li>◇ Orange juice (6 oz.)</li> <li>◇ Skim milk (6 oz.)</li> <li>◇ Whole wheat mini bagel (2)</li> <li>◇ Margarine (2 tsp.)</li> </ul>	<ul style="list-style-type: none"> <li>◇ Basic Meatballs (3 oz.) <i>(Full recipe in The Healthy Beef Cookbook, page 151)</i></li> <li>◇ Marinara sauce (1/4 cup)</li> <li>◇ Hamburger roll (1)</li> <li>◇ Lettuce</li> <li>◇ Broccoli (at least 1/2 cup)</li> <li>◇ Baby carrots (1/2 to 1 cup)</li> <li>◇ Ranch salad dressing (2 Tbsp.)</li> <li>◇ Pretzels, low-sodium (1 oz.)</li> </ul>	<ul style="list-style-type: none"> <li>◇ Southwest Fajita Seasoning mix (2 cups) <i>(Full recipe in The Healthy Beef Cookbook, page 115)</i></li> <li>◇ Beef Top Round steak, cooked (3 oz.)</li> <li>◇ Flour tortilla, 6-inch (3)</li> <li>◇ Low-fat cheddar cheese, shredded (1/4 cup)</li> <li>◇ Lettuce (to top fajitas)</li> <li>◇ Red bell pepper, chopped (1/2 cup)</li> </ul>	<ul style="list-style-type: none"> <li>◇ Peanut butter (2 Tbsp.)</li> <li>◇ Apple (1 medium)</li> <li>◇ Celery sticks (unlimited)</li> </ul>
<b>Calories: 2105</b>	475	579	765	286
<b>Protein: 103 g</b>	16	26	53	8
<b>Carb: 271 g</b>	82	62	95	32
<b>Fat: 70 g</b>	11	25	18	16
<b>SFA: 16 g</b>	2	6	5	3
<b>Chol: 113 mg</b>	3	48	62	0
<b>Sodium: 3369 mg</b>	415	1168	1621	165
<b>Fiber: 34 g</b>	6	7	14	7

**To increase the total percent of calories from protein, try the following tips:**

- 1) Substitute egg beaters, egg whites or cottage cheese for the bagel at breakfast or add 1 Tbsp. of chopped nuts to your oatmeal.
- 2) Add an extra meatball and reduce Ranch dressing to 1 Tbsp. at lunch.
- 3) Replace flour tortillas with a low-carbohydrate version and increase beef from 3 oz. to 4 oz. at dinner.

## BOLD DIET MENU DAY 2

2100 KCAL

	BREAKFAST	LUNCH	DINNER	SNACKS
	<ul style="list-style-type: none"> <li>◇ Whole grain oat cereal (1¼ cup)</li> <li>◇ Banana (1 small to med)</li> <li>◇ Milk (1 cup)</li> <li>◇ Orange juice (6 oz.)</li> </ul>	<ul style="list-style-type: none"> <li>◇ Thai Beef Noodle Salad (1 cup) <i>(Full recipe in The Healthy Beef Cookbook, page 41) with Marinade (2 Tbsp.)</i></li> <li>◇ Spaghetti, cooked (1 cup)</li> <li>◇ Top Round, select, cooked (3 oz.)</li> <li>◇ Peanuts (for salad topping), dry roasted (1 Tbsp.)</li> <li>◇ Roll</li> <li>◇ Butter (2 tsp.)</li> </ul>	<ul style="list-style-type: none"> <li>◇ <a href="#">Szechuan Beef Stir-Fry</a> (1 cup) <i>(Full recipe included or in The Healthy Beef Cookbook, page 100)</i></li> <li>◇ Beef Top Round steak, cooked (3 oz.)</li> <li>◇ Brown rice, cooked (¾ cup)</li> <li>◇ Spinach leaves (at least 1 cup)</li> <li>◇ Cherry tomatoes (½ cup)</li> <li>◇ Flax Tahini Salad Dressing (2 Tbsp.)</li> </ul>	<ul style="list-style-type: none"> <li>◇ Yogurt, 99% fat-free (6 oz.)</li> <li>◇ Lowfat granola cereal (¼ cup)</li> <li>◇ Orange (1 small to medium)</li> </ul>
<b>Calories: 2085</b>	409	695	664	317
<b>Protein: 100 g</b>	14	42	36	8
<b>Carb: 285 g</b>	86	71	62	66
<b>Fat: 62 g</b>	3	26	30	3
<b>SFA: 16 g</b>	1	8	6	1
<b>Chol: 165 mg</b>	5	78	72	10
<b>Sodium: 1745 mg</b>	371	518	720	136
<b>Fiber: 26 g</b>	7	6	9	4

**To increase the total percent of calories from protein, try the following tips:**

- 1) Reduce the portion of spaghetti at lunch to ½ or ¾ cup and add in ¼ to ½ cup steamed edamame to the noodle salad.
- 2) Reduce the portion of brown rice at dinner to ½ cup and increase the beef to 4 oz.
- 3) Replace yogurt and granola at snack with 1 cup of low-fat cottage cheese and 2 Tbsp. almonds.

## BOLD DIET MENU DAY 3

2100 KCAL

	BREAKFAST	LUNCH	DINNER	SNACKS
	<ul style="list-style-type: none"> <li>◇ Pancakes, frozen, 4-inch (3)</li> <li>◇ Light syrup (2 Tbsp.)</li> <li>◇ Margarine (2 tsp.)</li> <li>◇ Blueberries, frozen (1/2 cup)</li> <li>◇ Skim milk (1 cup)</li> <li>◇ Orange juice (6 oz.)</li> </ul>	<ul style="list-style-type: none"> <li>◇ Spring mixed greens (2 cups)</li> <li>◇ Cherry tomatoes (1/2 cup)</li> <li>◇ Chicken breast, cooked, diced (3 oz.)</li> <li>◇ Mandarin oranges, drained (1/4 cup)</li> <li>◇ California salad dressing (2 Tbsp.)</li> <li>◇ Roll, 2-inch (1)</li> <li>◇ Margarine (2 tsp.)</li> <li>◇ Apple (1)</li> <li>◇ Mozzarella cheese stick (1)</li> </ul>	<ul style="list-style-type: none"> <li>◇ Ratatouille Meatball Pasta (1 cup) <i>(Full recipe in The Healthy Beef Cookbook, page 152)</i></li> <li>◇ Meatballs (3-4 meatballs, about 4 oz. cooked)</li> <li>◇ Spaghetti, cooked (2/3 cup)</li> <li>◇ Romaine lettuce (1 1/2 cups)</li> <li>◇ Carrots, grated (1/4 cup)</li> <li>◇ Red bell pepper, chopped (1/4 cup)</li> <li>◇ Flax tahini salad dressing (2 Tbsp.)</li> </ul>	<ul style="list-style-type: none"> <li>◇ Yogurt, 99% fat-free (6 oz.)</li> <li>◇ Orange (1)</li> <li>◇ Trail mix (1/4 cup)</li> </ul>
<b>Calories: 2102</b>	535	520	642	405
<b>Protein: 103 g</b>	17	40	35	11
<b>Carb: 288 g</b>	90	53	80	65
<b>Fat: 65 g</b>	12	19	21	13
<b>SFA: 16 g</b>	3	6	4	3
<b>Chol: 163 mg</b>	11	89	53	10
<b>Sodium: 2243 mg</b>	817	594	666	166
<b>Fiber: 29 g</b>	4	7	14	4

**To increase the total percent of calories from protein, try the following tips:**

- 1) Reduce number of pancakes from 3 to 2 and replace regular yogurt with 1 cup of non-fat Greek yogurt.
- 2) Add 1 or 2 chopped egg whites to your salad.
- 3) Reduce pasta at dinner to 1/2 cup and increase portion of meatballs at dinner to 5 oz.

## BOLD DIET MENU DAY 4

2100 KCAL

	BREAKFAST	LUNCH	DINNER	SNACKS
	<ul style="list-style-type: none"> <li>◇ Rice crisp cereal (1 cup)</li> <li>◇ Banana (1 small to med)</li> <li>◇ Skim milk (1 cup)</li> <li>◇ Orange juice (6 oz.)</li> <li>◇ Mini whole wheat bagel (1)</li> <li>◇ Margarine (2 tsp.)</li> </ul>	<ul style="list-style-type: none"> <li>◇ Slow Good BBQ Beef Sandwich (3 oz.) (<i>Full recipe in The Healthy Beef Cookbook, page 66</i>)</li> <li>◇ Hamburger roll (1 roll)</li> <li>◇ Spinach leaves (1 cup)</li> <li>◇ Cherry tomatoes (1/2 cup)</li> <li>◇ Flax tahini salad dressing (2 Tbsp.)</li> <li>◇ Pear (1 small to medium)</li> <li>◇ Pretzels, low-sodium (1 oz.)</li> </ul>	<ul style="list-style-type: none"> <li>◇ Spinach and Beef Skillet (1/2 cup) (<i>Full recipe in The Healthy Beef Cookbook, page 135</i>)</li> <li>◇ Beef Top Sirloin steak, cut 3/4-inch thick, cooked (3 oz.)</li> <li>◇ Brown rice, cooked (2/3 cup)</li> <li>◇ Mixed greens (at least 1 cup)</li> <li>◇ Cherry tomatoes (1/2 cup)</li> <li>◇ Carrots, shredded (1/4 cup)</li> <li>◇ Ranch salad dressing (2 Tbsp.)</li> </ul>	<ul style="list-style-type: none"> <li>◇ Almonds, dry roasted, unsalted (1/4 cup)</li> <li>◇ Orange (1 small to medium)</li> <li>◇ Yogurt, 99% fat-free (6 oz.)</li> </ul>
<b>Calories: 2100</b>	533	597	533	437
<b>Protein: 91 g</b>	15	29	33	14
<b>Carb: 291 g</b>	100	87	49	55
<b>Fat: 69 g</b>	9	17	23	20
<b>SFA: 13 g</b>	2	4	5	2
<b>Chol: 120 mg</b>	5	41	64	10
<b>Sodium: 2765 mg</b>	615	872	1198	80
<b>Fiber: 28 g</b>	4	10	7	7

**To increase the total percent of calories from protein, try the following tips:**

- 1) Replace the cereal and margarine at breakfast with 1 Tbsp. peanut butter or 1 boiled egg to top your bagel.
- 2) Increase portion of BBQ beef at lunch to 6 oz., skip the pretzels and increase spinach to 1 cup.
- 3) Increase beef portion at dinner from 3 oz. to 5 oz.
- 4) Replace regular yogurt with Greek yogurt, low-fat cottage cheese or two reduced fat mozzarella cheese sticks.

## BOLD DIET MENU DAY 5

2100 KCAL

	BREAKFAST	LUNCH	DINNER	SNACKS
	<ul style="list-style-type: none"> <li>◇ Raisin bran cereal (<sup>3</sup>/<sub>4</sub> cup)</li> <li>◇ Skim milk (1 cup)</li> <li>◇ Orange juice (4 oz.)</li> <li>◇ Mini whole wheat bagel (2)</li> <li>◇ Margarine (2 tsp.)</li> </ul>	<ul style="list-style-type: none"> <li>◇ Easy Beef Chili (1 cup) (<i>Full recipe in The Healthy Beef Cookbook, page 160</i>) with 95% lean Ground Beef (3 oz., cooked)</li> <li>◇ Olive oil for browning beef (2 tsp.)</li> <li>◇ Low-fat cheddar cheese, shredded (<sup>1</sup>/<sub>4</sub> cup)</li> <li>◇ Whole wheat crackers (1 oz.)</li> <li>◇ Peaches, canned in own juice, drained (<sup>1</sup>/<sub>2</sub> cup)</li> </ul>	<ul style="list-style-type: none"> <li>◇ Top Round, select, cooked (3 oz.)</li> <li>◇ Mashed potatoes (<sup>3</sup>/<sub>4</sub> cup)</li> <li>◇ Beef gravy (<sup>1</sup>/<sub>4</sub> cup)</li> <li>◇ Broccoli, frozen, steamed (1 cup)</li> <li>◇ Romaine lettuce (at least 1 cup) with cherry tomatoes (<sup>1</sup>/<sub>4</sub> cup)</li> <li>◇ Flax tahini salad dressing (2 Tbsp.)</li> <li>◇ Dinner roll (1) with margarine (2 tsp.)</li> </ul>	<ul style="list-style-type: none"> <li>◇ Chocolate chip cookies (3 small)</li> <li>◇ Grapes (1 cup)</li> </ul>
<b>Calories: 2090</b>	481	719	626	264
<b>Protein: 107 g</b>	18	45	41	3
<b>Carb: 285 g</b>	87	88	62	48
<b>Fat: 64 g</b>	9	22	25	8
<b>SFA: 15 g</b>	2	5	5	3
<b>Chol: 145 mg</b>	5	82	58	0
<b>Sodium: 2518 mg</b>	697	949	764	108
<b>Fiber: 30 g</b>	7	11	10	2

**To increase the total percent of calories from protein, try the following tips:**

- 1) Replace the cereal at breakfast with Greek yogurt or cottage cheese. Replace juice with 1 boiled egg or 1 Tbsp. of peanut butter on top of bagel.
- 2) Increase Ground Beef at lunch to 5 oz. and beef at dinner to 4 oz. Cut out margarine and roll.
- 3) Replace cookies at snack with <sup>1</sup>/<sub>4</sub> cup trail mix.

## BOLD DIET MENU DAY 6

2100 KCAL

	BREAKFAST	LUNCH	DINNER	SNACKS
	<ul style="list-style-type: none"> <li>◇ Low-fat granola cereal (1/2 cup)</li> <li>◇ Yogurt, 99% fat-free (6 oz.)</li> <li>◇ Banana (1 small to medium)</li> <li>◇ Milk (1 cup)</li> <li>◇ Orange juice (4 oz.)</li> </ul>	<ul style="list-style-type: none"> <li>◇ <a href="#">Farmer's Market Vegetable, Beef and Brown Rice Salad</a> (1 1/2 cup) (Full recipe included or in <i>The Healthy Beef Cookbook</i>, page 46) with Marinade (1 Tbsp.)</li> <li>◇ Beef Top Round, steak, lean, broiled (3 oz.)</li> <li>◇ Grapes (1 cup)</li> </ul>	<ul style="list-style-type: none"> <li>◇ Thai Noodles with Beef and Broccoli (1/2 cup) (Full recipe in <i>The Healthy Beef Cookbook</i>, page 112)</li> <li>◇ Beef Shoulder Center steak, cut 3/4-inch thick, cooked (3 oz.)</li> <li>◇ Spaghetti, cooked (3/4 cup)</li> <li>◇ Spinach leaves (at least 1 cup)</li> <li>◇ Cherry tomatoes (at least 1/4 cup)</li> <li>◇ Asian sesame dressing (2 Tbsp.)</li> </ul>	<ul style="list-style-type: none"> <li>◇ Peanut butter (2 Tbsp.)</li> <li>◇ Apple (1 small to medium)</li> <li>◇ Celery sticks (1/2 cup)</li> </ul>
<b>Calories: 2100</b>	588	587	656	269
<b>Protein: 101 g</b>	18	37	37	9
<b>Carb: 285 g</b>	122	78	57	28
<b>Fat: 66 g</b>	4	15	31	16
<b>SFA: 15 g</b>	2	3	7	3
<b>Chol: 136 mg</b>	15	56	65	0
<b>Sodium: 1806 mg</b>	308	549	783	166
<b>Fiber: 25 g</b>	6	9	6	4

To increase the total percent of calories from protein, try the following tips:

- 1) Increase the portion of beef at lunch and dinner to 5 oz. each.
- 2) Reduce salad dressing to 1 Tbsp. or choose a lower fat version; reduce pasta to 1/2 cup.

## BOLD DIET MENU DAY 7

2100 KCAL

	BREAKFAST	LUNCH	DINNER	SNACKS
	<ul style="list-style-type: none"> <li>◇ 1 egg, whole, scrambled</li> <li>◇ Red pepper, diced (1 Tbsp.)</li> <li>◇ Onion, chopped (1 Tbsp.)</li> <li>◇ Low-fat cheddar (1/4 cup)</li> <li>◇ Whole wheat bagel (1)</li> <li>◇ Margarine, for scrambling egg and top of bagel (1 Tbsp.)</li> <li>◇ Orange juice (6 oz.)</li> </ul>	<ul style="list-style-type: none"> <li>◇ <a href="#">Sirloin with Sugar Snap Pea and Pasta Salad Gremolata dressing</a> (2 Tbsp.) (Full recipe included and in <i>The Healthy Beef Cookbook</i>, page 51)</li> <li>◇ Sugar snap peas, steamed (1/2 cup)</li> <li>◇ Cherry tomatoes (1/4 cup)</li> <li>◇ Gemelli pasta, cooked (3/4 cup)</li> <li>◇ Beef Top Sirloin steak (3 oz., cooked)</li> <li>◇ Apple, fresh (1 medium)</li> </ul>	<ul style="list-style-type: none"> <li>◇ <a href="#">Beef, Mango and Barley Salad</a> (1 1/2 cup) (Full recipe included or in <i>The Healthy Beef Cookbook</i>, page 56)</li> <li>◇ Beef Tri-Tip roast (3 oz., cooked)</li> <li>◇ Dinner roll (1 small)</li> <li>◇ Margarine (2 tsp.)</li> </ul>	<ul style="list-style-type: none"> <li>◇ Yogurt, 99% fat-free (6 oz.)</li> <li>◇ Low-fat granola (1/4 cup)</li> <li>◇ Almonds, dry roasted, unsalted (2 Tbsp.)</li> </ul>
<b>Calories: 2098</b>	537	521	680	360
<b>Protein: 103 g</b>	24	34	34	11
<b>Carb: 285 g</b>	67	66	97	55
<b>Fat: 66 g</b>	20	15	19	12
<b>SFA: 16 g</b>	5	4	5	2
<b>Chol: 345 mg</b>	217	56	62	10
<b>Sodium: 1822 mg</b>	780	221	685	136
<b>Fiber: 36 g</b>	9	8	15	4

**To increase the total percent of calories from protein, try the following tips:**

- 1) Replace bagel at breakfast with 2-6" low-carb whole wheat tortillas; add an additional egg and reduce margarine to 1 tsp.
- 2) Increase portion of beef at lunch to 4 oz.
- 3) Increase portion of beef at dinner to 4 oz. and cut out dinner roll and margarine.
- 4) At snack, replace the yogurt and granola with Greek style yogurt, cottage cheese or two reduced fat mozzarella sticks.