



## Healthy Meals For A Healthy Lifestyle 2

**Here's some additional selections for you to consider:**

(Pick one selection below, you do not have to eat all items)

### **Breakfast** (upon waking to 9am)

- \* Banana
- \* Egg white on wrap w/ goat cheese and avocado
- \* 1 serving Kashi w/fruit and lowfat milk
- \* Fruit smoothie/shake w/lowfat milk or half cup cranberry juice, quarter cup yogurt, handful blueberries & strawberries.

### **Mid-morning snack** (9am to 11am) \*you can use one of your breakfast choices here

- \* 1quarter to 1third cup of trail mix, protein shake, protein bar
- \* Apple, banana, peach, orange

### **Lunch** (11am to 2pm)

- \* Wrap w/protein (chicken, turkey, tuna) on lettuce w/tomato or other vegetables w/side of fruit
- \* chicken, turkey or fish over salad w/side of fruit
- \* NO Thousand Island, Creamy Italian or other high fat/salt salad dressing; no bacon bits

### **Mid-afternoon snack** (2pm to 5pm) This should consist of 200 calories maximum

- \* Piece of fruit
- \* 3 or 4 crackers with peanut butter
- \* Carrot sticks & humus
- \* Energy bar, protein bar, protein shake
- \* Trail mix 1 quarter to 1 third of a cup

### **Dinner** (5pm to 8pm) This should consist of a quality lean protein, fresh veggies, & limited complex carbohydrates.

- \* Chicken, fish, turkey, lean red meat
- \* Brown rice, sweet potato
- \* Green beans, black beans, broccoli, toss garden salads
- \* watch the portions

- \* Watch out for simple carbohydrates(white pasta, white rice, white potatoes, white bread, bad cereals) they can elevate your insulin levels and promote SPIKES and CRASHES of energy and promote cravings of the same JUNK.
- \* Largest meals of the day should be breakfast and lunch.
- \* Try and consume 5grams or more of fiber per serving per meal? The higher the fiber content the fuller you will be throughout the day.
- \* Consume less than 20 grams of sugar per serving, less than 10 is ideal.
- \* Consume 1 gram of protein per kilogram of body weight.  $(\text{body weight}/2.2) = \text{BW in Kg}$ .
- \* No sodas or juices.
- \* Consume only water after 8:00pm, nothing else.
- \* Your mid morning snack and mid afternoon snack should consist of 200 calories
- \* Try to limit the take out food, if you have to do it because of time try to make the healthy selections. Most restaurants are really very good at having a number of choices.
- \* Limit salt intake, this will make you retain fluids and bloat you.
- \* Aim to consume half of your body weight, in ounces, of water very day.
- \* Pay close attention to portion size, it is very important to know what is in a serving size.
- \* Consume less than 60 grams of fat a day limit saturated fat to 10 grams.