

Breakfast Samples

Oatmeal and Fruit:

- Oatmeal - 1 cup cooked: 150 calories
- Honey - 1 Tbsp.: 60 calories

Serving of fruit of choice - select one of the following options

- Berries (Raspberries, Blueberries, or Black Berries) - ½ cup: 40 calories
- ½ Banana (store the other half in a Ziploc bag and save it in the freezer for an afternoon smoothie): 55 calories
- ½ Apple (store the other half in a Ziploc bag and save it in the freezer for an afternoon smoothie): 40 calories

Egg White and Spinach Omelet:

- 3 Egg Whites: 51 calories
- 2 Tbsp. Soft Goat Cheese (low fat) - 80 calories
- 5 Cherry Tomatoes - 22 calories
- 1 Cup of Raw Spinach - 20 calories
- Salt and Pepper to Taste

Protein Pancake:

- ½ cup of Oats: 150 calories
- 3 Egg Whites: 51 calories
- 1 Tsp of Vanilla extract
- ½ Tsp of Stevia

Blend all the ingredients together in a blender or food processor; 3-4 pulses will do the trick. Pour the contents into a heated, nonstick pan and put on a lid for 2-3 mins on medium heat. Flip your pancake; the other side will only need to cool for 30 seconds to a minute.

Toppings:

- Honey - 1 Tbsp.: 60 calories
- 1 Tbsp. of peanut or almond butter: 85 calories

Instead of honey you can select a serving of fruit - select one of the following options

- Berries (raspberries, blueberries, or black berries) - ½ cup: 40 calories
- ½ Banana (store the other half in a Ziploc bag and save it in the freezer for an afternoon smoothie): 55 calories

Greek Yogurt and Fruit

- $\frac{3}{4}$ cup of Unsweetened/ Low Fat Greek Yogurt: 150 calories
- 1 Tbsp. protein powder of choice - 50 calories
- Honey - 1 Tbsp.: 60 calories

Fruit of choice - Select one of the following options

- Berries (Raspberries, Blueberries, or Black Berries) - $\frac{1}{2}$ cup: 40 calories
- $\frac{1}{2}$ Banana (store the other half in a Ziploc bag and save it in the freezer for an afternoon smoothie): 55 calories
- $\frac{1}{2}$ Apple (store the other half in a Ziploc bag and save it in the freezer for an afternoon smoothie): 40 calories

Lunch Samples

Greek Yogurt & Tuna Salad:

- 1 can of Tuna (drained): 120 cal
- 1 tbsp. of Greek Yogurt: 20 cal
- 1 small celery stalk (diced): 0 cal
- ½ carrot (diced): 20 cal
- ¼ medium red pepper (diced): 10 cal
- 1 tbsp. light mayonnaise: 35 cal
- 1 tsp. fresh lemon juice: 0 cal
- Pepper and salt to taste: 0 cal

Combine all ingredients in a bowl and enjoy on top of 2 Original Quaker Rice Cakes: 70 cal

Egg and Avocado Sandwich:

- 1 Fried Egg: 70 cal
- ¼ medium avocado: 60 cal
- 2 Tomato slices: 10 cal
- 1 whole wheat English muffin: 120 cal
- Salt and pepper to taste

Side of fruit, select one:

- 1 cup of grapes: 60 cal
- 1 cup of strawberries: 50

Avocado and Shrimp Wrap:

- 1 whole-wheat wrap: 130 calories
- 7 pre-cooked shrimps, sliced: 50 calories
- ¼ medium avocado: 60 calories,
- ¼ cucumber, diced: 15 calories
- 1 tbsp. Greek yogurt: 20 calories
- 1 tbsp. lemon juice
- salt, and pepper to taste

Quinoa Kale Salad:

- 1 Cup of chopped baby kale: 20 cal
- 3 oz. of grilled, sliced chicken breast: 100 cal.
- ¼ cup Quinoa (cooked/drained): 60 cal
- 2 tbsp. dried cranberries: 65 cal
- 1 tbsp. of olive oil: 110 cal
- 1 tbsp. balsamic vinegar: 20 cal

Strawberry Spinach Salad:

- 1 Cup of baby spinach: 20 cal
- 3 oz. of grilled chicken breast: 100 cal
- 3/4 cup of sliced strawberries: 40 cal
- 7 sliced almonds: 100 cal
- ¼ avocado: 60 cal
- 2 tbsp. Light Balsamic Vinaigrette: 40 cal

Dinner Samples:

Rosemary Chicken and Sweet Potatoes:

- 4oz of chicken breast: 120 cal
- ½ of a cup of sweet potato cut into wedges: 85 cal
- 1 tbsp. of Olive Oil: 110 cal
- Grilled veggie of choice (8 spears of asparagus or 1 cup of broccoli): 30 cal
- Sprig of fresh rosemary or tablespoon of dried rosemary

Combine ingredients in baking dish, cover with aluminum foil and bake in oven at 350 degrees for 40 mins

Tilapia with Mango Salsa:

- 4 oz. Tilapia filet (grilled): 100 cal
- Grilled veggie of choice (8 spears of asparagus or 1 cup of broccoli): 30 cal
- ½ cup of brown rice

Mango Salsa

- ½ cup of mango (diced): 45 cal
- 2 tbsp. of lemon juice
- 2 tbsp. of chopped fresh cilantro
- 2 tbsp. of diced onion
- Salt and pepper to taste

Chicken Stir Fry:

- 3 oz. of grilled Chicken Breast (sliced): 100 cal
- Veggies of choice (pick 3 or 4): snow Peas, broccoli, bell pepper, carrots, edamame, or cauliflower.
- Soy sauce
- Stevia (optional)
- Salt and pepper to taste
- ¾ cup of either cooked brown rice or rice noodles: 160 cal

Cook sliced chicken in pan over medium heat for 3-4 mins. Add vegetables, and soy sauce to the pan with the chicken. Dissolve ¼ tsp of stevia in the soy sauce before adding to the pan if you like your stir fry a with a little sweet hint.

Serve over rice.

Snack Samples:

(These are also great light breakfast or lunch options too.)

Green Smoothie

- 2 cups of baby kale or spinach
- 1 cup fruit of choice (best if the fruit is frozen): melon, strawberry, ½ banana
- 1 scoop of protein powder (pick a good quality protein that has 15 to 20 grams of protein and roughly 100 calories per scoop)
- 1 ½ cup of water, might need a bit more depending if your fruit is frozen
- Stevia to taste

Avocado Turkey Smoosh

- ¼ Avocado: 60 cal
- 2 slices of Smoked Deli Turkey: 40 cal
- Slice of tomato: 10 cal
- Capers (optional)
- Salt and Pepper to taste
- 1 Original Quaker Rice Cake: 35 cal

Pile turkey, tomato, and mash up avocado on an original Quaker rice cake and top with capers. Add salt and pepper.

Healthy Hints:

Here are some healthy tips that will save you time, money, and calories.

Eat Mindfully: This is something that is not always easy to do with our busy days, but it can be a game changer in your weight loss. Sitting down to eat instead of eating on the go, without distractions or television playing is a good habit. This is not only better for your digestive system but will help you realize how much food you are taking in instead of scarfing food down faster than your body knows to tell you you're full.

Stevia: Pick up some organic **stevia** from your local health food store. Stevia is a wonderful replacement for sugar. Since it is also natural/plant based it does not contain some of the harmful properties that other sweeteners contain.

Buy in Bulk: Buy your protein and nonperishables in bulk, as it is much cheaper to buy a pack of 6-10 chicken breasts or tilapia filets than it is to buy 1 or 2. Freeze your perishable protein and only pull out what you will use for that week. 3-4 oz. of chicken is roughly ½ of a large chicken breast, so separate your protein into meal-size portions BEFORE putting it in the freezer. This will save you the pain of having to chop up an ice block of frozen chicken ;)

Freeze your Fruit: Smoothies are a delicious and healthy treat, but most people put much more fruit in their smoothies than is necessary or optimal for weight loss. Put half of the banana in your smoothie and freeze half for later.