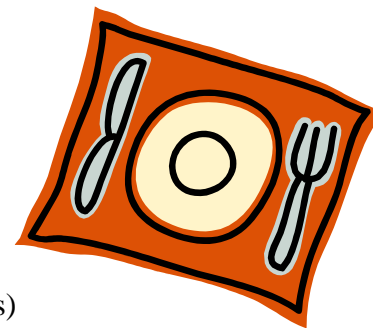


MEAL PLANNING



Every meal should include:

1. Protein (ex: eggs, beans, lentils, fish, lean meat)
 2. Carbohydrate (ex: bread, rice, quinoa, pasta)
 3. Fiber (ex: whole grains, fruits or veggies, flaxseed, nuts/seeds)
 4. Fat (ex: olive oil, nuts/seeds, avocado, dairy)
- *a meal should keep you full for 3-5 hours.

Breakfast: 25% protein, 50% carb/fiber, 25% fat.

- 1. Whole grain toast, 1 egg and piece of fruit.
- 2. Oatmeal with 1 ounce of nuts, sliced fruit and 1 tsp of flaxseed.

Lunch: 25+% protein, 50% or less of carb/fiber, 20% fat.

- Turkey sandwich on thin whole grain bread, small green salad.
- Green salad with extra veggies, beans, sunflower seeds, vinegar and oil dressing.

Dinner: 0-20% protein, 50+% carb/fiber, 20% fat.

- Stir fry with 3-4 different veggies, lean protein (chicken or fish) brown rice
- Chopped veggie mexi-salad with black beans, brown rice and shredded low fat cheese with salsa ranch dressing.

Snack planning:

- A snack should keep you full for 1-3 hours.
- If you need a snack to last longer in your system, make sure to add some fat and protein.
- If you don't need the snack to last long, for ex: you have lunch plans at 12, but you're hungry at 10:30, then you can just have a piece of fruit to tide you over.

Short snacks:

- Piece of fruit
- Small "skinny" latte
- Snap peas or some other type of chopped veggie

Longer lasting snacks:

- Piece of fruit combined with an ounce of nuts or a Tbs. of peanut butter.
- Chopped veggies dipped in 2-3 Tbs. of hummus.
- Hardboiled egg
- Protein bar and piece of fruit (I like thinkThin bars, available at Whole Foods and Trader Joe's)