

**BODYTRAC**<sup>®</sup>

HEALTH & FITNESS



# **NUTRITION GUIDE**

DIET TWEAKS THAT REALLY WORK  
Recipes and Shopping Guide Included

**NUTRITIONIST APPROVED**

# Footsteps to Freedom

*The best rule of thumb is to*

## **KEEP IT SIMPLE**

*Over complicating your food = over complicating your life!*

*The rest is simple too, and you will find that every "Do" will outweigh every "Don't"*

### **DO**

#### **FRESH FRUITS**

Processing fruits into preservatives compromises a good portion of the vitamin content of the fruit. Fresh fruit will give you all that you need! Not to mention, preservatives contain a TON of added sugar, on top of the natural sugars that come from the fruit.

#### **FRESH VEGETABLES AND FRUITS**

#### **CANNED/FROZEN VEGETABLES & FRUITS**

Generally speaking, the preservation of vegetables and fruits compromises the vitamin content, but also adds a significant amount of salt and sugar, respectively. If fresh veggie and fruit are not an option, the quality of the products are generally: fresh > frozen > canned.

#### **NATURAL SUGAR**

#### **REFINED SUGAR**

Although this is a broad category, we are talking about the processing of sugars here. Think a whole apple (natural) and apple juice (refined). Per unit, these things provide the same amount of Calories in the form of carbohydrates, but the health concern here is how those carbohydrate calories are delivered. Natural sugars - because they contain other things like fiber and nutrients - cause a slower release of sugar, in the form of glucose in your blood stream. Refined sugars cause a HUGE spike in blood glucose, which can lead to an energy crash, and chronically can lead to some serious health implications.

#### **WHOLE GRAINS**

#### **PROCESSED GRAINS**

This one is probably a given! Whole grains will trump white products any day! Whole grain products are packed with fiber and nutrients that you need - which white products (because of processing) do not have. Be careful, though - whole wheat products do not mean that they are less calorie-dense!!! So you should still only eat a small amount - always check the serving size on packages. Another good example here is sweet potatoes and white potatoes - chose sweet!

**DO****HEALTH FATS**

Fat is flavor! And the good news is that most fats are "good" for you - even saturated fats (in moderation) are on the rise! Healthy fats include unsaturated (mono and poly) and saturated fats - think nuts, seeds, avocados, oils, coconut oil, etc... However, some of these oils can be manipulated for the purposes of extending product shelf life - think Little Debbie snacks- into trans fats, which can certainly affect cardiovascular health. Not to mention, the food items that normally contain trans fats also contain calorie-laden sugars! Trans fats are no bueno!

**DON'T****TRANS FAT****LITE DRINK OPTIONS**

This is one of our favorite ways to experiment. There are so many ways to make your drinks less calorically-dense. Choose low fat/almond/soy milk instead of cream. Choose no whip cream. Choose sugar-free syrups and shots. Choose artificial sweeteners.

**REGULAR DRINK OPTIONS****LEAN MEATS**

If you want to cut some fat calories, this is one of the easiest ways. Choose lean meats - think chicken, pork chops, turkey - instead of fatty meats like steak and other pork cuts.

**FATTY MEATS****NATURAL/UNPROCESSED SWEETS**

Normally, for this, the less ingredients, the better! So, something like fruit will trump something like a chocolate chip cookie. No-brainer here!

**PROCESSED SWEETS****WATER**

You just worked off a ton of calories!!! Why put them back in your body with a drink, and not food?! If you need the calories after a workout, try a protein shake or solid meal. It will save the added sugar - that really only athletes need!

**SUGAR SPORTS BEVERAGES****NON CREAM-BASED ANYTHING**

Any time you hear cream-based, RUN! Cream-based soups, dressings, coffee drinks, sauces, etc ... Packed with Calories. No Bueno!

**CREAM-BASED ANYTHING**

## TIPS FROM THE TRAINERS:

Here are  
**6 TIPS** from  
the trainers  
that can  
help you get  
off on the  
right foot:

**1. DON'T DRINK YOUR CALORIES.**

Avoid juice, alcohol, sweet tea, sports drinks, etc. Stick with water, sparkling water, and the occasional diet drink

**2. STAY HYDRATED**

Being dehydrated can negatively affect your workouts and make you feel hungry. Drink 64-128 ounces of fluid (8-16 cups) per day.

**3. STICK TO YOUR PROPER PORTIONS**

Even if you're eating healthy foods you have to be aware of your portion sizes. Stick with the plan and measure as needed.

**4. PLAN AHEAD**

*(and stick to your plan)*

Don't leave the house in the morning without having your day planned. Do as much as possible the day before (like packing your breakfast or lunch). Don't forget, a plan is only good if you stick to it.

**5. TURN UP THE VOLUME**

If you are having issues with being hungry increase the volume of non-starchy vegetables you are eating. Non-starchy vegetables are low in calories, contain fiber, and are full of vitamins and minerals.

**6. SEASON TO TASTE**

Try your best to cut back on your salt intake. Lightly season your homemade foods with salt and spice things up with herbs and spices.

## MEAL PLAN DIRECTIONS:

- » Limit protein powder intake to one serving per day
- » Consult with your healthcare professional before starting this meal plan. Adjustments may be needed to your medicine, etc.
- » This plan is not appropriate for any person with any kidney related issue or a family history of kidney complications.



### JON ALLEN MS, RD, LDN

Jon received his bachelor's degree in Human Nutrition from MSU Denver, and completed his master's degree in Exercise Science – Sports Nutrition at Florida State University. He is currently an outpatient registered dietitian at an endocrinologist office and weight management center.

Jon has worked around food for over a decade, cooking in restaurants and writing recipes for a Denver-based company. He has a long-standing passion for fitness, and loves helping others improve their lives through diet and exercise.

When we found Jon, we new his passion was big enough for our mission!

He subscribes to the circular model of wellness that we live, and breathe each day. His guidance has lead us to a better understanding of increased fitness, as the result of food as fuel, and he continues to help us identify with the unique needs of each and every Paired Performance member.

**PROGRESS HAS LITTLE TO DO WITH SPEED.**

**BUT MUCH TO DO WITH DIRECTION.**

**EVEN THE SMALLEST ACTIONS ARE STEPS IN THE RIGHT DIRECTION**

# DON'T CHEAT, JUST TWEAK

*Cheating implies you are doing something wrong, but the thing is, rewarding yourself is never wrong! In fact, you should do it every day.*

*But, instead of rewarding yourself by over-indulging, use some balance and trade-offs which will allow these changes to support long-term happiness and become permanent! Our philosophy is, "Don't Cheat, Just Tweak!". Check out some of our favorites.*

## CHEAT

### ICE CREAM

## TWEAK

### FROZEN GREEK YOGURT OR BANANA WHIP

Replacing ice cream with frozen Greek yogurt or banana whip will not only save you Calories, but will also add a ton of nutrients!

### Spaghetti

### Spaghetti squash

Eating spaghetti squash instead of traditional spaghetti will cut Calories, add nutrients, and help you regulate your blood sugar levels! Not to mention, it has a really nice "bite" to it! Try it with some homemade turkey meat sauce. Yum!

### Croutons

### Nuts or water chestnuts

Croutons pack on the carbohydrate Calories without the nutrients. Add nuts or water chestnuts to give the salad a similar crunch but with nutrients!

### French fries

### Zucchini or sweet potato fries

French fries will cost you a lot of Calories and sodium! Zucchini/sweet potato fries are tasty, and you can flavor them however you'd like. Also, it's a great veggie disguise for kids!

### Pizza crust

### Cauliflower pizza crust

This is one of our favorites! If you HAVE to have pizza, try a cauliflower crust. Although texture is a bit different, you can amp up the flavor and spare the Calories for some extra protein on top!

## CHEAT

### BUTTER ON TOAST OR MAYO ON SANDWICH

Although butter and mayo aren't technically "bad" for you, replacing butter/mayo with smeared avocado could amp up the nutrients and healthy fats that you are getting! Just be modest with the amount of avocado - remember, 1 serving is only about 1/3 of the avocado! On sandwiches, mustard is another great swap for mayo!

## TWEAK

### AVOCADO-SMEARED TOAST

### FULL-SUGAR COFFEE DRINKS

Have fun when you order coffee! Every vendor has options to knock down some of the calories. You can ask for sugar-free syrups, or low-fat milk options. Most places not have soy and almond milk products. Also, don't be fooled by lattes! Be sure to ask if they add a syrup base when you order. Cinnamon is another great add to coffee!

### SUGAR FREE/FAT FREE (SKINNY) VERSIONS

### CREAM-BASED DRESSINGS

Cream-based dressings pack on the Calories! And not to mention, it's extremely hard to have just ONE serving of dressing, which is normally only about 2 Tbsp. Vinaigrette dressings give you full flavor with less Calories and guilt! They are also really fun to make, if that's your thing! Be mindful, some vinaigrettes that you buy in store may have quite a bit of Calories, so you should still go by the serving size.

### VINAIGRETTE DRESSINGS

### SALT TO SEASON FOODS

If you are salt-sensitive (you hold on to water after eating salty foods), you might try Mrs. Dash. Most of these seasonings limit the sodium, and also add tons of flavor. There are a ton of different varieties! Fresh herbs and citrus fruits are other great ways to amp up the flavor!

### MRS. DASH, FRESH HERBS, OR CITRUS TO SEASON FOODS

### GRANOLA/SUGARY CEREAL

Granola and sugary cereal is just that, sugary! The best way to avoid extra Calories and the crash you get after it is to eat oatmeal. Start with plain oatmeal so that you can get the fiber that you need and add healthy add-ins like fresh fruit, honey, nuts, milk.

### OATMEAL

### FRUIT AT THE BOTTOM YOGURT

Although both of these options contain fruit, yogurt with fruit at the bottom typically contains a lot of added sugar. Specifically, every 4 grams of sugar over 9 grams (9 grams is how much sugar that dairy lactose provides per serving), is 1 teaspoon of added sugar. Yikes!

### PLAIN YOGURT WITH FRESH FRUIT

## CHEAT

### CREAM-BASED SOUPS

Cream-based soups are packed with Calories! Chose a broth-based soup and enjoy!

### CREAM-BASED DIPS

Salsa is a great, flavor-packed alternative for cream-based dips. It contains much less Calories and has a ton of nutrients!

### MASHED POTATOES

Mashed cauliflower is very similar in texture and taste to mashed potatoes without all of the carbs and Calories!

### POTATO CHIPS

Kale chips are moving on up! Replace your normal chips with kale chips and save some Calories, while adding flavor. Most brands have a ton of flavors. But be careful here, although there is added flavor, there may be a substantial amount of sodium.

### SOUR CREAM

Literally, any place that you would typically use sour cream, you can use Greek yogurt! On a potato, in mashed potatoes, with tacos, etc ...

### DEEP FRY

Take away some of those fat Calories by pan frying and not deep frying!

### ICEBERG LETTUCE

Raw spinach packs a nutrient punch compared to typical iceberg lettuce!

### POPSICLE

Frozen grapes are a great alternative to normal frozen treats! They are flavorful and fun to eat!

### SYRUP ON PANCAKES

Syrup is a sugary-laden product that can easily be replace with the natural sugars of fresh fruit on pancakes, waffles or French toast!

### MARGARITA/ SUGAR ALCOHOLIC DRINKS

Drinking is okay! But drinking your sugar is not! Replace any sugary drink with wine or a vodka club. Specifically, red wine can give you key nutrients for cardiovascular health!

### HOMEFRIES/HASHBROWNS

Instead of carbohydrate-laden options like homefries and hasbrowns at breakfast, chose the side of fruit, or even oatmeal!

## TWEAK

### BROTH-BASED SOUPS

Cream-based soups are packed with Calories! Chose a broth-based soup and enjoy!

### SALSA

Salsa is a great, flavor-packed alternative for cream-based dips. It contains much less Calories and has a ton of nutrients!

### MASHED CAULIFLOWER

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### GREEK YOGURT

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### PAN FRY

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### RAW SPINACH

Raw spinach packs a nutrient punch compared to typical iceberg lettuce!

### FROZEN GRAPES

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### FRESH FRUIT ON PANCAKES

Syrup is a sugary-laden product that can easily be replace with the natural sugars of fresh fruit on pancakes, waffles or French toast!

### WINE/VODKA AND CLUB SODA

Drinking is okay! But drinking your sugar is not! Replace any sugary drink with wine or a vodka club. Specifically, red wine can give you key nutrients for cardiovascular health!

### SIDE OF FRUIT

Instead of carbohydrate-laden options like homefries and hasbrowns at breakfast, chose the side of fruit, or even oatmeal!



## CHEAT

### FRIED EGGS

Although these are both eggs, which are GREAT for you, you can save some fat Calories by eating your eggs boiled versus fried. Another healthier option would be to fry your eggs in coconut or olive oil! But be mindful, you may have to cook your eggs at a lower temperature with these fat alternatives.

## TWEAK

### BOILED EGGS

### PORK BACON

Save some fat Calories by eating turkey bacon instead of pork bacon at breakfast. Be careful, turkey bacon can have just as much or more sodium compared to pork bacon, so chose a low-sodium option.

### TURKEY BACON

### SUGAR IN BAKED GOODS

Splenda has this beautiful baking option that halves the amount of sugar per serving! The texture and taste come out the same, without all of the Calories!

### SPLENDA NO-SUGAR BAKING SWEETENER

### WHITE FLOUR IN BAKED GOODS

There are a ton of different flour options available these days to replace white flour. Almond flour is one of the best! It keeps your baked good moist, and adds some great nutrients! Be mindful, though, this flour can have quite a bit of Calories!

### ALMOND FLOUR

### PROTEIN BAR

In most cases, protein bars are essentially glorified candy bars! So, watch the sugar content if they contain more than 15 grams of sugar, you want to avoid! You should opt for a protein shake, or a low-sugar protein bar option, like Quest bars.

### PROTEIN SHAKE

### FLAVORED NUTS

Flavored nuts will get you! Sweetened nuts are packed with sugar Calories, while salty/savory nuts can be packed with sodium. Chose a raw or no-flavor nut. You can even roast them yourself with different herbs and spices, sin sodium!

### RAW OR NO-FLAVOR NUTS

### ALFREDO SAUCE

Alfredo sauce is bad all around! Avoid, avoid! However, there are some great recipes that contain pureed cannellini beans in place of the cream-based alfredo. They are delicious to try to make at home!

### PUREED CANNELLINI BEANS

### FULL FRUIT SMOOTHIE

Smoothies are sneaky! As a rule of thumb, a serving of a smoothie should have NO MORE than 1 cup of fruit in it any more and you jack up Calories from sugar! Instead, add some healthy vegetables like spinach, healthy fats like chia/flax seed, and/or healthy dairy like yogurt!

### HEALTHY ADD-INS

# DIVING IN!

Below are a Few food choices from your main food categories to help guide you to healthy options.

This will give you a good starting point when beginning your new clean grocery shopping trip.

## ANIMAL PROTEINS

- » **Chicken:** the leaner the better, so white meat is your best option
- » **Turkey:** ground turkey is a great option and all white ground turkey is ideal.
- » **Eggs:** breakfast, lunch and dinner. Scrambled and egg whites are great as omelets.
- » **Steak:** steak is great but limit your amount of red meat. Great on a good workout day to get that creatine and amino acids that it provides us.
- » **Fish:** white fish is a great healthy option and salmon is always good. Its best to get them wild so they don't have the chemicals that farm raised fish contains.

## VEGETARIAN PROTEIN SOURCES

- » **Lentils:** a bean that is high in fiber and protein
- » **Tempeh & Tofu:** these have some of the highest grams of protein of any other vegetarian options
- » **Chickpeas:** also known as garbanzo beans
- » **Edamame:** green soybeans boiled or steamed in their pods
- » **Spinach or Leafy Greens:** this healthy green is full of vitamins, antioxidants and minerals

## ESSENTIAL FAT SOURCES

- » **Avocado:** this is a health way to add fat with out the trans fat
- » **Egg Yolks**
- » **Almonds & Nuts**
- » **Flax Seed**
- » **Cottage Cheese**

## CARBOHYDRATE SOURCES

- » **Sweet Potato**
- » **Bananas & Berries**
- » **Yogurt:** also greek yogurt is a great source of protein
- » **Oatmeal**
- » **Brown Rice**
- » **Quinoa**

## VEGETABLES / GREENS

Buying fresh produce is really the best way to get all the health nutrients from the vegetables you need!

- » Broccoli
- » Zucchini
- » cabbage
- » Squash
- » Leeks
- » Peppers
- » Brussel Sprouts
- » Mushrooms
- » Celery
- » Cucumber
- » Spinach
- » Lettuce
- » Tomato
- » Asparagus

## FRUITS

- » Blueberries
- » Bananas
- » Plums
- » Melon
- » Grapes
- » Strawberries
- » Oranges
- » Lemons
- » Limes
- » Apples
- » Pears
- » Watermelon

## HERBS & SPICES

If you can buy fresh. The less sodium in your diet the better. All those premixed packets have added sodium that you don't need. You can get all these items fresh and they taste great and are all natural.

- » Coriander
- » Thyme
- » Mint
- » Garlic
- » Rosemary
- » Onion
- » Ginger
- » Paprika
- » Cinnamon
- » Nutmeg
- » Parsley
- » Whole Peppercorns
- » Rock Salt
- » Basil
- » Chili

## PROTEINS

- » Tuna
- » Greek Yogurt
- » Eggs
- » Meat
- » Poultry
- » Pork
- » Turkey
- » Seafood
- » Milk
- » Soy
- » Beans

## DRESSINGS & OILS

- » Balsamic
- » Coconut oil
- » Extra Virgin Olive Oil

## NUTS & SEEDS

Its best to get these and mix them yourself so there is no salt and added ingredients. You can get all the nuts you like and make your own healthy trail mix.

- » **Brazilian nuts**
- » **Pistachios**
- » **Pine Nuts**
- » **Peanuts**
- » **Macadamia Nuts**
- » **Sunflower seeds**
- » **Almonds**
- » **Walnuts**
- » **Sesame seeds**
- » **Hazelnuts**
- » **Cashews**
- » **Chia seeds**
- » **Flaxseed**

## SWEETENERS

- » **Honey (Raw, unprocessed from the health food shop)**
- » **Yacon Syrup**
- » **Dates**

## HERBAL TEA

- » **Green Tea- Just no sweetener**

## DRIED FRUITS

- » **Dates**
- » **Cranberries**
- » **Raisins**
- » **Oranges**



# DOWN THE AISLE

Sometimes you just have to go into "robot-mode" to survive a grocery store trip, prone to cravings!

We have made it simple, with a time allowance for each aisle. That's right!

Below, you will find a guide that tells you exactly how many minutes you have to get what you need from each aisle.

No more internal battles over cookies or debates over chips, we are getting your grocery trip DONE before you counteract your RUN!

## **COLD INDULGENCE: 4 MINS.**

**Eggs**  
**Cheese**  
**Creamers**  
**Milk**  
**Sandwich meat**

*\*\*go for the low-fat versions, egg whites and lean meats*

## **SWEET TREATS: 2 MINS**

**Candy**  
**Cookies**  
**Crackers**  
**Juice**

*\*\*look for reduced sugar and low-fat brands*

## **COMFORT CORNER: 3 MINS.**

**Canned Fruit**  
**Pasta**  
**Beans**  
**Sauces**

*\*\*aim for whole wheat pastas, protein-rich beans and red sauces*

## **SODIUM STATION: 1 MIN.**

**Canned Meats**  
**Soups**

*\*\*try to find all-natural soups and avoid canned meats with oil*

**TOP IT OFF: 1 MIN.**

Condiments  
Oil  
Spices  
Dried Fruit  
Cake Mixes

*\*\*look for dressings and mayonnaise made with olive oil and natural flavors*

**SUNRISE STARTERS: 3 MINS.**

Cereal  
Coffee  
Jelly  
Peanut Butter

*\*\*select health conscious cereals and avoid dense granolas, find low-sugar jelly natural peanut butters*

**FILLERS AND FLUIDS: 1 MIN.**

Bread  
Powdered Drinks  
Soda  
Water

*\*\*avoid all sodas, choose multi-grain and high fiber breads*

**LEISURE LANE: 1 MIN.**

Beer  
Nuts  
Chips  
Snacks

*\*\*stock up on healthy nuts and low fat snacks (pretzels, rice cakes)*

**QUICK AND EASY: 2 MINS.**

Frozen Dinners  
Frozen Pizza  
Frozen Seafood  
Frozen Veggies

*\*\*look for all-natural frozen meals and organic lines (Amy's Boca Burger, etc.)*

**SWEET SURRENDER: 1 MIN.**

**Ice Cream  
Frozen Pies  
Frozen Breakfast**

*\*\*find low fat ice creams made with almond milk or soy*

**LEAN AND GREEN: UNLIMITED**

**Fresh produce - fruits and veggies  
Fresh Meat - chicken, beef, pork, seafood**

*\*\*choose lean meats and load up on leafy veggies*



**RECIPES** *These are some of our favorite go to recipes, and we usually cook double on all of them to have plenty of left overs. It's easy to heat up the next day and always provides a back-up plan.*

# ROASTED VEGETABLES

IN PARCHMENT PAPER

serves 4



## Ingredients

3/4 pound small red potatoes quartered

2 medium leeks (white parts only)  
cut into 1/2-inch pieces

1/2 pound small carrots cut into  
thin 3-inch pieces

1 Package of Fresh Brussel Sprouts-  
Cut x in bottom of brussels Sprouts

10 sprigs thyme

1 tablespoon olive oil

Coarse salt and ground pepper

## Directions

Preheat oven to 400 degrees. Cut off a large piece of parchment paper ( about 24-30 inches long) and place potatoes, leeks, carrots, thyme in the center of the sheet. Drizzle with olive oil and season well with salt and pepper.

Fold into and twist end of parchment paper to seal. Place packet on a rimmed baking sheet and bake until packet is puffed up and potatoes are tender, 45-50 minutes.



# GRILLED TURKEY-VEGGIE BURGER

*6 burgers*



## Ingredients

- 1 pound lean ground turkey
- 1 cup grated carrot
- 1 cup grated zucchini
- 2 cloves garlic, minced
- 1/2 teaspoon black pepper
- Kosher or sea salt to taste
- 2 teaspoons olive oil
- Romaine heart lettuce leaves- for lettuce buns
- 1 medium tomato, sliced for 6 servings

## Directions

In a large mixing bowl combine the first six ingredients and shape into 6 patties. Patties can be cooked on an outdoor grill, griddle, skillet or oven broiler. Cook patties over medium heat for about about 12 minutes or until there is no longer any pink color.

Try the Avocado for your condiment instead of Mayo and Ketchup!

# VEGETABLE CHICKEN EGG WHITES OMELET



## Ingredients

- 12 egg whites
- 1 tomatoes (diced)
- 1/2 of a bell pepper (small, minced)
- 1 handful spinach (shredded)
- 3-5 Mushrooms (Diced)
- Half a Chicken Breast ( Already Cooked

## Directions

- Beat all the eggs together
- Sauté the veggies until soft.
- Pour eggs into a small skillet coated with cooking spray.
- Reduce heat on low and cover.
- Cook until firm.
- Let sit for 30 seconds, then serve.

# MEAL PLAN

NOT ALL GOALS ARE FED AND FUELED EQUALLY!

Knowing that we are housing members with unique goals, we have shifted to recipes that can be “bulked up” and “slimmed down! There is a general rule of thumb that we use in our own weight loss and maintenance and that is:

- » Starchy carbs before dinner.
- » Fruit sugars in the first half of the day.
- » Loads and loads of protein and clean veggies!

Another general outline for caloric intake is:

- » **1600-1800 FOR WEIGHT LOSS**
- » **1800-2000 FOR MAINTENANCE**
- » **2000-2200 FOR MUSCLE GAIN**

***\*To fully understand the exact amount of calories needed for the above goals, a metabolic test should be performed\****

Each of the following recipes can be stripped of the wrap or bread to make a delicious salad, or replace the carb with quinoa or brown rice to make an amazing protein bowl!

It is important to be creative so that you can continue to ENJOY food in your weight loss journey.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Meal	Meal	Meal	Meal	Meal
	Snack A	Snack A	Snack A	Snack A	Snack A
	Meal	Meal	Meal	Meal	Meal
	Snack A	Snack A	Snack A	Snack A	Snack A
	Meal	Meal	Meal	Meal	Meal
	Snack B	Snack B	Snack B	Snack B	Snack B

- » Limit protein powder intake to one serving per day
- » Consult with your healthcare professional before starting this meal plan. Adjustments may be needed to your medicine, etc.
- » This plan is not appropriate for any person with any kidney related issue or a family history of kidney complications.

## BREAKFAST

### BLUEBERRY ALMOND OVERNIGHT OATS

341 calories

*Ingredients:*

- 1/3 cup oats (gluten free or regular)
- 1/2 cup almond milk
- 1 teaspoon chia seeds
- 1/2 tablespoon maple syrup
- 1 teaspoon vanilla extract
- 2 tablespoons slivered almonds
- 1/2 medium banana, sliced
- 1/3 cup blueberries



*Directions:*

In an airtight container, mix oats, almond milk, chia seeds, maple syrup, and vanilla. Seal the container and place in the fridge overnight. In the morning, stir oats and top with slivered almonds, sliced banana, and blueberries. Enjoy!

### SKINNY AVOCADO TOAST

320 calories

*Ingredients:*

- 2 eggs (one full/2 whites or all whites)
- 1-2 slices double fiber bread (toasted)
- 1 small avocado
- 1 teaspoon lime juice
- sea salt + black pepper
- parsley (optional for topping)



*Directions:*

Prepare toast and eggs to personal preference. Peel and mash avocado with the lime juice, salt and pepper. Spread avocado evenly on each slice of toast then top each with a fried eggs and additional seasonings you prefer. Serve immediately.

## EGG WHITE BITES

108 calories

### Ingredients

cooking spray  
2 cups fresh spinach, or to taste  
12 egg whites  
2 egg yolks or all white  
Sliced mushroom or veggies of choice

1 tablespoon grated Parmesan cheese  
1 tablespoon shredded Mexican cheese blend  
1 teaspoon garlic powder  
1/4 teaspoon sea salt

### Directions

Preheat oven to 350 degrees F (175 degrees C). Spray muffin cups with cooking spray. Heat olive oil in a skillet over medium heat; cook and stir spinach until wilted. Remove from heat and cool spinach. Squeeze spinach to remove excess moisture. Whisk egg whites and egg yolks together in a large bowl; add Parmesan cheese, Mexican cheese blend, garlic powder, sea salt, and spinach and mix well. Pour egg mixture into the muffin cups almost to the top. Place the muffin tin on a rimmed baking sheet and pour water halfway up the sides of the muffin tin to create a water bath. Bake in the preheated oven until muffins are set in the middle, 20 to 25 minutes.



## ON THE GO:

Bagel thin with fat-free egg whites and veggies  
Bowl of double-fiber cereal  
Greek Yogurt with fresh fruit  
1 cup steel oats with fresh fruit  
Quest Protein Bar with piece of fruit

## LUNCH / DINNER

### MEDITERRANEAN BURGER

400 calories

*Calorie Breakdown:*

- 1 Sandwich thin: 90 calories
- 1 turkey burger patty: 140 calories
- 2 tablespoons feta cheese: 50 calories
- 2 slices tomato: 10 calories
- 1 round slice red onion: 5 calories
- 1 handful spinach: 5 calories



### TANGY SHRIMP AND AVOCADO WRAP

377 calories

*Calorie Breakdown:*

- 1 whole-wheat wrap: 130 calories
- 6 pre-cooked shrimp, chopped: 42 calories
- ¼ avocado, sliced: 60 calories
- ¼ cucumber, sliced: 15 calories
- ¼ cup Greek yogurt: 30 calories
- 1 squeeze lemon juice: <1 calorie
- Garlic, salt, and pepper to taste



### SPICY BLACK BEAN BURRITO

365 calories

*Calorie Breakdown:*

- 1 flatout wrap: 90 calories
- ¼ cup black beans: 60 calories
- ¼ avocado, sliced: 60 calories
- ¼ small red onion, sliced: 10 calories
- 1 teaspoon hot sauce: 5 calories



### CURRIED CHICKEN PITA WITH CRANBERRIES AND PEAR

375 calories

*Calorie Breakdown:*

- 1 whole-wheat pita: 80 calories
- 1/2 a chicken breast, diced: 100 calories
- ¼ cup non-fat Greek yogurt: 30 calories
- 2 tablespoons dried cranberries: 45 calories
- 1/2 pear, diced: 45 calories
- 1 teaspoon honey mustard: 5 calories
- 1/2 teaspoon curry powder: <1 calorie
- 1 squeeze lemon juice: <1 calorie



**CAESAR SALMON WRAP***364 calories**Calorie Breakdown:*

- 1 whole-wheat pita: 80 calories**
- 5-ounce can of salmon: 120 calories**
- 2 tablespoons light Caesar dressing: 60 calories**
- 1 tablespoon grated parmesan cheese: 25 calories**
- 1 handful spinach: 5 calories**

**TBLT***375 calories**Calorie Breakdown:*

- 2 slices double fiber, whole-wheat bread: 100 calories**
- 3 slices turkey bacon: 130 calories**
- 2 slices tomato: 10 calories**
- 1 leaf romaine lettuce: 5 calories**
- ¼ avocado, sliced: 60 calories**
- 1 tablespoon dijonaise**

**GREEK PITA SALAD***368 calories**Calorie Breakdown:*

- 1 cup romaine lettuce: 8 calories**
- ½ whole-wheat pita, sliced: 40 calories**
- ¼ cup feta cheese: 100 calories**
- ¼ cup chickpeas: 70 calories**
- ½ cucumber, sliced: 30 calories**
- ¼ small red onion, chopped: 10 calories**
- 2 tablespoons Greek dressing: 110 calories**

**TARRAGON CHICKEN SALAD***400 calories**Calorie Breakdown:*

- 1 cup spinach: 7 calories**
- ½ a chicken breast, sliced: 100 calories**
- ¼ cup Greek yogurt: 30 calories**
- ¼ cup walnuts: 160 calories**
- ¼ cup dried cranberries: 90 calories**
- 1 stalk celery, chopped: 5 calories**
- 2 slices tomato: 10 calories**
- 1 tablespoon fresh tarragon, chopped: < 1 calorie**
- 1 squeeze lemon juice: < 1 calorie**





**CHICKEN AND RICE STIR-FRY***380 Calories**Calorie Breakdown:*

- ½ cup ready-made brown rice: 100 calories**
- ½ a chicken breast, sliced: 100 calories**
- 4 shitake mushrooms, sliced: 40 calories**
- ½ red pepper, sliced: 10 calories**
- ½ green pepper, sliced: 10 calories**
- ¼ small red onion, sliced: 10 calories**
- 1 tablespoon olive oil: 110 calories**

**HEALTHIER COBB SALAD***382 Calories**Calorie Breakdown:*

- 1 cup romaine lettuce: 8 calories**
- ½ a chicken breast, sliced: 100 calories**
- 2 slices cooked turkey bacon, crumbled: 87 calories**
- ¼ avocado, sliced: 60 calories**
- 1 large hard-boiled egg, sliced: 75 calories**
- 1 tablespoon crumbled blue cheese: 37 calories**
- 1 tablespoon balsamic vinegar: 15 calories**

**SNACK A**

- » **¼ cup boiled Edamame with 1 teaspoon soy sauce: 100 calories**
- » **¼ cucumber sliced with 2 tablespoons of hummus: 75 calories**
- » **5 Kashi 7-grain crackers with 1 stick reduced-fat string cheese: 100 calories**
- » **½ cup plain Greek yogurt with ¼ cup fresh blueberries: 91 calories**
- » **Siggi's Icelandic Non-Fat Yogurt: 120 calories**
- » **Angie's BOOMCHICKAPOP Light Kettle Corn: 120 calories**
- » **KIND Fruit Bites: 60 calories**

**SNACK B**

- » **Bare Natural Apple Chips**
- » **Angie's BOOMCHICKAPOP Light Kettle Corn: 120 calories**
- » **Double Fiber Cereal Bar: 90 calories**
- » **Sugar-Free pudding: 60 calories**
- » **Sugar-Free Jello: 10 calories**



**MEAL PREP** *Cooking in bulk is another way to ensure proper planning for nutrition success!*  
Here are a few Meal Prep Recipes to use:

# HEALTHY CHICKEN AND VEGGIES

serves 4



**Ingredients:**

2 medium chicken breasts boneless skinless cut into 1/2 inch pieces  
1 cup broccoli florets frozen or fresh  
1 small red onion chopped  
1 cup grape or plum tomatoes  
1 medium zucchini chopped  
2 cloves garlic minced  
1 tablespoon italian seasoning  
1 teaspoon salt  
1/2 teaspoon black pepper optional  
1/2 teaspoon red pepper flakes optional  
1/2 teaspoon paprika  
2 tablespoons olive oil  
2-4 cups cooked rice of choice optional  
4 meal prep containers

**Instructions:**

1. Pre-heat oven to 450F. Line a baking sheet with aluminum foil and set aside.
2. Place the chicken and veggies in the baking dish. Sprinkle all the spices and garlic evenly over the chicken and veggies. Drizzle with the olive oil.
3. Bake for 15-20 minutes or until the veggies are charred and chicken is tender.
4. Place 1/2 or 1 cup of cooked rice of choice into 4 individual meal prep containers. Divide chicken and veggies evenly on top of the rice. Cover and store in the fridge for up to 5 days or freezer up to 2 months.

# CILANTRO LIME CHICKEN WITH CAULIFLOWER RICE

serves 4



## Ingredients:

### CHICKEN

- 1 lb. boneless, skinless chicken breast
- 2 tablespoons olive oil
- salt and pepper, to taste
- 1/4 cup lime juice (1-2 limes depending on how juicy they are)
- 1/3 cup fresh cilantro, chopped
- 2 teaspoons minced garlic
- 1/8 teaspoon sea salt
- 1/2 teaspoon honey

### FOR THE CAULIFLOWER RICE:

- 2 tablespoons olive oil
- 3 cups cauliflower rice
- 2 teaspoons garlic powder
- 1 teaspoon ground cumin
- 1/8 sea salt
- 1/2 cup black beans
- 1/4 cup red onion, raw

### FOR THE BOWLS:

- 1 cup cherry tomatoes, halved
- 1 avocado, chopped

# ONE PAN HEALTHY CHICKEN AND VEGGIES

serves 4

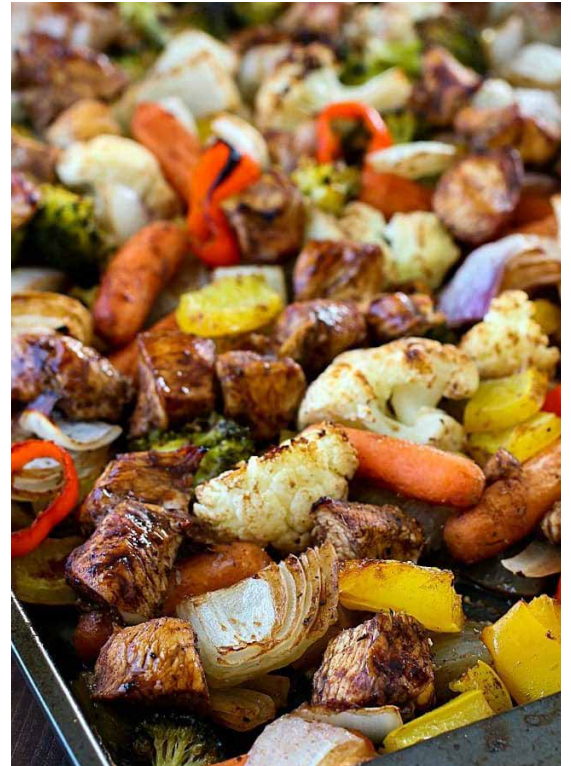
## Ingredients:

### CHICKEN & VEGGIES

- 1 small (~1 cup) sweet potato
- 1 pound boneless skinless chicken breast
- 1 and 3/4 cup assorted sweet bell peppers  
(I use about 8-10 miniature bell peppers)
- 1 and 1/2 cups green beans
- 2 heads (~3 and 1/2 cups) broccoli

### SEASONING

- 5 tablespoons olive oil
- 2 teaspoons chili powder
- 1 teaspoon paprika
- 1 teaspoon white sugar
- 1/2 teaspoon EACH onion powder, garlic powder, ground cumin
- 1/4 teaspoon cayenne pepper
- 1 teaspoon salt
- Optional: 3/4 cup finely shredded cheese  
(colby jack, Mexican blend, cheddar, pepperjack)
- Optional: fresh cilantro, fresh limes
- Serve with or meal prep with cooked rice or quinoa

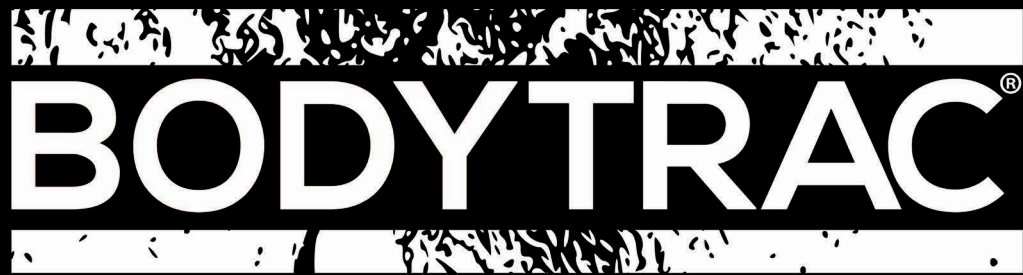


## Instructions:

1. Preheat the oven to 425 degrees F and line a very large sheet pan with parchment paper and set aside.
2. Prep the chicken and veggies: First, pierce the sweet potato with a fork a few times and place in the microwave for 5 minutes, flipping on the other side after 2.5 minutes. Remove and let cool for a minute. Peel off the skins and then chop into very small pieces (important they are small and that you first microwave for these to be cooked in time with everything else!)
3. Chop the chicken into 1/2 inch pieces. Remove the stems and seeds and coarsely chop the peppers. Cut the beans in half. Coarsely chop the broccoli.
4. Place all the veggies\* and chicken on the sheet pan. In a small bowl, combine the olive oil and all of the seasonings listed and mix.
5. Pour the seasoning mixture over the veggies and chicken and toss with your hands until everything is well coated. Spread everything into 1 even layer.
6. Bake for 10 minutes, flip and bake for another 10-20 minutes (all depending on the size you've cut your veggies and chicken and the heat of your oven) (The veggies are crisp tender and chicken is cooked through for me at around 20 total minutes)
7. Remove from the oven and top with the cheese if desired. Return to the oven for 1-2 minutes or until the cheese is melted.
8. Remove and enjoy over cooked rice or quinoa and with fresh cilantro and a lime wedge if desired.
9. MEAL PREPPING: Place an even amount of quinoa (I cook 1 and 1/2 cups dry quinoa) into the bottom of 4 different containers. Divide this baked chicken and veggie dish equally in 4 parts. Top each container with fresh cilantro and a lime wedge. Cover and place in the fridge. Enjoy within 4 days.



IT MAY NOT LOOK **GOOD**,  
BUT IT FEELS **GOOD**  
AND WE GET IT **DONE!**



HEALTH & FITNESS

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