

7038 - Reference Guide

** Each time you eat a carbohydrate, eat protein with it (and vice versa).

** limit the times you eat out!

** pack your lunch and snacks every evening for the next day - be sure you take the time to do this!

BREAKFAST OPTIONS:

- 1 cup cereal (high fibre i.e.: bran flakes, Kashi Go Lean, Natures Path, Fibre One, etc.) and 1% or skim milk
- 1-2 slices whole grain toast and natural peanut or almond butter
- one whole wheat English muffin or wrap or ½ a whole grain bagel and all natural peanut or almond butter or light cream cheese
- 1-2 egg/s on whole grain product (toast, bagel, wrap, English muffin)
- one fruit and ¾ cup yogurt
- oatmeal with cut up apples, a sprinkle of cinnamon or brown sugar or peanut butter

LUNCH GUIDELINES:

- sandwich or wrap with lean ham, turkey, chicken, tuna, salmon or egg AND 1 cup raw vegetables
- bowl of soup and sandwich/wrap
- bowl of homemade chilli
- salad with protein on top (chicken, chick peas, low-fat cheese, fish, lean ham, nuts, etc...)
- subs – with lean meat, lots of vegetables and whole grain sub bun (no sauces – just mustard)

SNACK / small meal OPTIONS:

- ONE fruit and yogurt (or, yogurt on its own)
- ONE fruit and granola bar (Kashi or Nature Valley)
- hard boiled egg and ONE slice whole grain toast or ½ of a whole wheat English muffin
- ONE fruit or 1 cup of raw veggies and cheese (one BabyBel Light or Skinny Cow Light OR ½ cup of 1% cottage cheese)
- ONE fruit or 1 cup of raw veggies and 8-10 almonds/walnuts or natural peanut or almond butter
- Whole grain crackers and low-fat cream cheese or natural peanut or almond butter
- Kelloggs Oat-bran bar, Kashi, or Nature Valley Chewy Granola Bar & a glass of 1% or skim milk
- 1/2 whole wheat bagel with light cream cheese or natural peanut/almond butter
- Soy nuts can be eaten on their own (carb & protein) 1/4 cup
- 1/2 cup Mixed beans (bean medley in can – drained) (carb & protein) these are great on their own, in salads or soups

DINNER GUIDELINES:

- fish, chicken, steak, pork, (lean meats are best) with vegetables and with either small potato, ½ brown or basmati rice, or 1 cup whole wheat, rice or kamut pasta
- whole wheat, kamut or brown rice pasta dish with protein on top (chicken, pork, fish, light feta, etc...) and lots of vegetables (primavera of sorts)
- any lunch idea is fine for dinners too
- Stir Frys with lots of veggies, water chestnuts, chicken, lean beef, or shrimp/scallops

WHAT FOOD TO KEEP IN A FRIDGE AT WORK (just in case):

- a loaf of whole grain bread, wraps OR a sleeve of English muffins
- a jar of natural peanut or almond butter
- fresh fruit and raw veggies
- yogurt
- your lunch (to keep it fresh)
- Kashi, Nature Valley Granola Bars or All-Bran bars

FOODS FOR THE ROAD

- fruit
- Kashi granola bars (won't melt!)
- trail mix (don't eat too much at once....very high in calories/fat)
- box of whole grain crackers
- mixed nuts (don't eat too many at once....very high in calories/fat)