

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, Nature's 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 serving of 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 chili
- 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)

DINNER GUIDELINES:

- Fish, chicken, steak, pork, (lean meats are best) with vegetables and with either small potato, ½ cup 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



SNACK / SMALL MEAL OPTIONS:

- One serving of fruit and yogurt (or, yogurt on its own)
- One serving of fruit and granola bar (Kashi or Nature Valley)
- One hard-boiled egg and one slice whole grain toast or ½ of a whole wheat English muffin
- One serving of fruit or 1 cup of raw veggies and cheese (one BabyBel Light or Skinny Cow Light OR ½ cup of 1% cottage cheese)
- One serving of 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
- Kellogg's Oat-Bran bar, Kashi, or Nature Valley Chewy Granola Bar & a glass of 1% or skim milk
- One 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
- One cup mixed beans (bean medley in can – drained) (carb & protein) these are great on their own, in salads or soups

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)