

our eating plan

Lord, you know how I long for my health once more. You hear my every sigh. Psalm 38:9

Plan on eating 6 times a day. Below are guidelines– if you find something else that works in the same positive calorie/protein/fat range - feel free to eat it... know that this works. **Take your vitamins!**

Breakfast Options:

1. **Egg Beaters, unbuttered toast & jam.**
2. Oatmeal, dry toast & jam.
3. **Kashi crunch or other cereal & non-fat milk**
Think low-calorie creative! Add a banana, veggies, berries, chili, etc...

morning snack:

1. **Fresh fruit or veggies - anytime as much as you like**
2. yogurt– toss in some fruit or cottage cheese
3. **nutrition bar: go for low calorie/high protein**
4. an occasional handful of nuts– HIGH calorie... but good
5. **nutrition shake: try the EAS brand– high protein/low cal**

Lunch Options:

1. Salad with non-fat (lite) dressing
2. **yogurt mixed with cottage cheese**
3. cold cut sandwich - no mayo - pick “good” bread
4. **If eating out - go with dinner choices**

afternoon snack: Same as morning options - mix it up

Dinner Options:

1. **grilled fish & vegetable**
2. **steak & vegetable** (if baked potato - careful the butter/sour cream!)
3. **chicken breast & vegetable** (getting picture? *Vegetables!*)

A Few Dinner Tips: *If eating out*, don't browse the menu, order what you should eat– they have it.

Ask for the “Heart Healthy” version. Avoids grease, butter, calories. **Say “NO!” to cheese.** We're allergic to it. It's a diet killer. ***If you're going to “break” your diet***– do it while out with friends, not home alone. **Have fun!**

evening snack: See morning options. Add plain popcorn.

Drink plenty of water! Tea & Coffee have next to no calories also. Eat fruit and vegetables to your hearts delight. **Juice is PACKED** with calories & sugar. **NO Soda:** all carbonated drinks: diet, beer, bubbling water– expand the stomach –drink at risk of failure.

-No More Sugar... USE Splenda - it's inexpensive & without aftertaste-

NO FAST FOOD! NO CANDY! NO ICE CREAM! NO COOKIES! NO CAKE!

Amazon.com is the best place online to order inexpensively - use “subscribe and save”

You CAN feel good about wearing a bathing suit again!