



## **Healthy “Meals” and Snacks Before Lunch**

- ) 1 cup of plain non fat greek yogurt (or 2%) + 2-3 tbsp stevia in the raw + ¼ cup praline pecans (or regular pecans/walnuts/almonds)
- ) 1 Cliff Builders Bar (mint choc chip/ choc peanut butter) or Zone Bar (choc peanut butter/fudge graham) or 1 KIND Bar (dark choc sea salt) or Quest Bar
- ) 1 medium apple
- ) 1 cup berries
- ) Boiled Eggs plus spray butter
- ) 1 cup kashi Go lean cereal plus 1 cup of unsweetened vanilla almond milk
- ) Pumpkin Protein Pudding: 1 cup of Plain non fat greek yogurt (or 2%) + 2 tbsp greek cream cheese + 3-4 tbsp stevia + 1/4 cup pumpkin puree + pumpkin pie spice + cinnamon + 2 tbsp milled flaxseed (optional) + 1 scoop vanilla protein powder
- ) Choc PB Protein Pudding: 1 ½ scoops of protein powder + unsweetened cocoa powder (if desired) + 2 tbsp nut butter (almond/cashew/sunflower/peanut) + 1-2 tbsp stevia in the raw powder + 1-2 tbsp milled flaxseed (optional) + 2 tbsp PB2 powder (if desired)...mix with water and mix up to desired texture.

## **Healthy Post Lunch and Late Night “Meal” Options**

- ) 1/2 Cliff Builders Bar (mint choc chip/ choc peanut butter) or Zone Bar (choc peanut butter/fudge graham) or 1 KIND Bar (dark choc sea salt) or Quest Bar
- ) 1 cup of plain non fat greek yogurt (or 2%) + 2-3 tbsp stevia in the raw + ¼ cup praline pecans (or regular pecans/walnuts/almonds)

- ) 1 cup of plain non fat greek yogurt (or 2%) + 2-3 tbsp stevia in the raw + 1 scoop vanilla protein powder + ½ cup berries
- ) 1 cup of plain non fat greek yogurt w/ 2-3 tbsp stevia in the raw + 2 tbsp nut butter
- ) Pumpkin Protein Pudding: 1 cup of Plain non fat greek yogurt (or 2%) + 2 tbsp greek cream cheese + 3-4 tbsp stevia + 1/4 cup pumpkin puree + pumpkin pie spice + cinnamon + 2 tbsp milled flaxseed (optional) + 1 scoop vanilla protein powder
- ) Choc PB Protein Pudding: 1 ½ scoops of protein powder + unsweetened cocoa powder (if desired) + 2 tbsp nut butter (almond/cashew/sunflower/peanut) + 1-2 tbsp stevia in the raw powder + 1-2 tbsp milled flaxseed (optional) + 2 tbsp PB2 powder (if desired)...mix with water and mix up to desired texture.
- ) 4-8 oz edamame spaghetti with spray butter and grated parmesan cheese
- ) 2-3 servings of Cucumber Salad- <http://www.bodybalance.tv/recipe/cucumber-salad-2/>
- ) Celery w/ 2-3 tbsp nut butter
- ) Celery + 2-4 tbsp Greek Cream Cheese
- ) FLATOUT (light original) + 2-3 tbsp nut butter + stevia if desired
- ) FLATOUT (light original) + spray butter in microwave for 15 seconds
- ) FLATOUT (light original) + 1 serving low fat cheese + 1 serving turkey pepperoni (in microwave for quick snack)...make an actual pizza with more toppings in oven if you want as well...
- ) 1 slice of Ezekiel Bread toasted with Spray butter of 1 tbsp peanut butter
- ) 1 slice of Ezekiel Bread with 2 tbsp pizza sauce, sprinkle of 2% mozzarella cheese, a few turkey pepperonis in microwave until cheese is melted.
- ) FLATOUT (light original) + 2 egg whites + 1/2 avocado + salsa + low fat cheese
- ) FLATOUT (light original) + 6-8 oz low sodium deli meat (or grilled/baked chicken or turkey) + low fat dressing/mayo + veggies + low fat cheese (optional)
- ) 6-8 oz tuna w/ low fat mayo and cheese if desired on 1 slice of Ezekiel Bread or FLATOUT (light original) or celery or cucumbers
- ) 6-8 oz lean fish/tuna + 2-3 cups spinach salad (can include green fibrous veggies) with 2 tbsp low fat dressing

- ) Healthy BLT Slaw- <http://www.bodybalance.tv/recipe/healthy-blts/> this is a really good option to keep in fridge for a day or 2 to munch on. You can put it on cucumbers or flatouts...or just eat as is☺
- ) Skinny Broccoli Egg and Cheese Bites- <http://www.bodybalance.tv/recipe/skinny-broccoli-egg-cheese-bites/> this is a great option to keep in the fridge for a few days to munch on.