

Quick Bits

Nutritional Tips

Low-fat, high-protein diets are all the rage. Because of the high consumer interest in this type of eating, that seems to be what is truly accessible and available for those eating on the run.

A well-balanced menu, including fats and protein will help you lose body fat. Yes, you must eat some fat to lose fat.

PRE-PARE

PRE-PLAN

EMPOWER YOURSELF

***DRINK WATER**

Some Easy Accessible Snack to keep at hand:

Peanuts and raisins

1/2 a bagel with a tablespoon peanut butter

Apple with peanut butter

Pretzels with almonds

Jerky

Other Quick Snacks (need re Fridgeration):

1-2% Yogurt (with or without fruit)

1-2% cottage Cheese (with or without fruit)

Smoothies

Easy & Healthy Lunch Ideas:

Pita-stuffed sandwiches: use at least 4 oz. of diced chicken, turkey or beef, add salad stuffings like lettuce, chopped tomatoes, onion, mushrooms. Mix everything with low-fat (not fat-free) salad dressing and stuff the pita.

Stuffed Baked Taters: use at least 4 oz. of diced chicken, turkey or beef, add chopped veggies like broccoli, cauliflower, or carrots. Mix everything with 1-2 oz of cheese and low-fat dressing and the inside of a pre-baked potato. Re-stuff the potato and microwave!