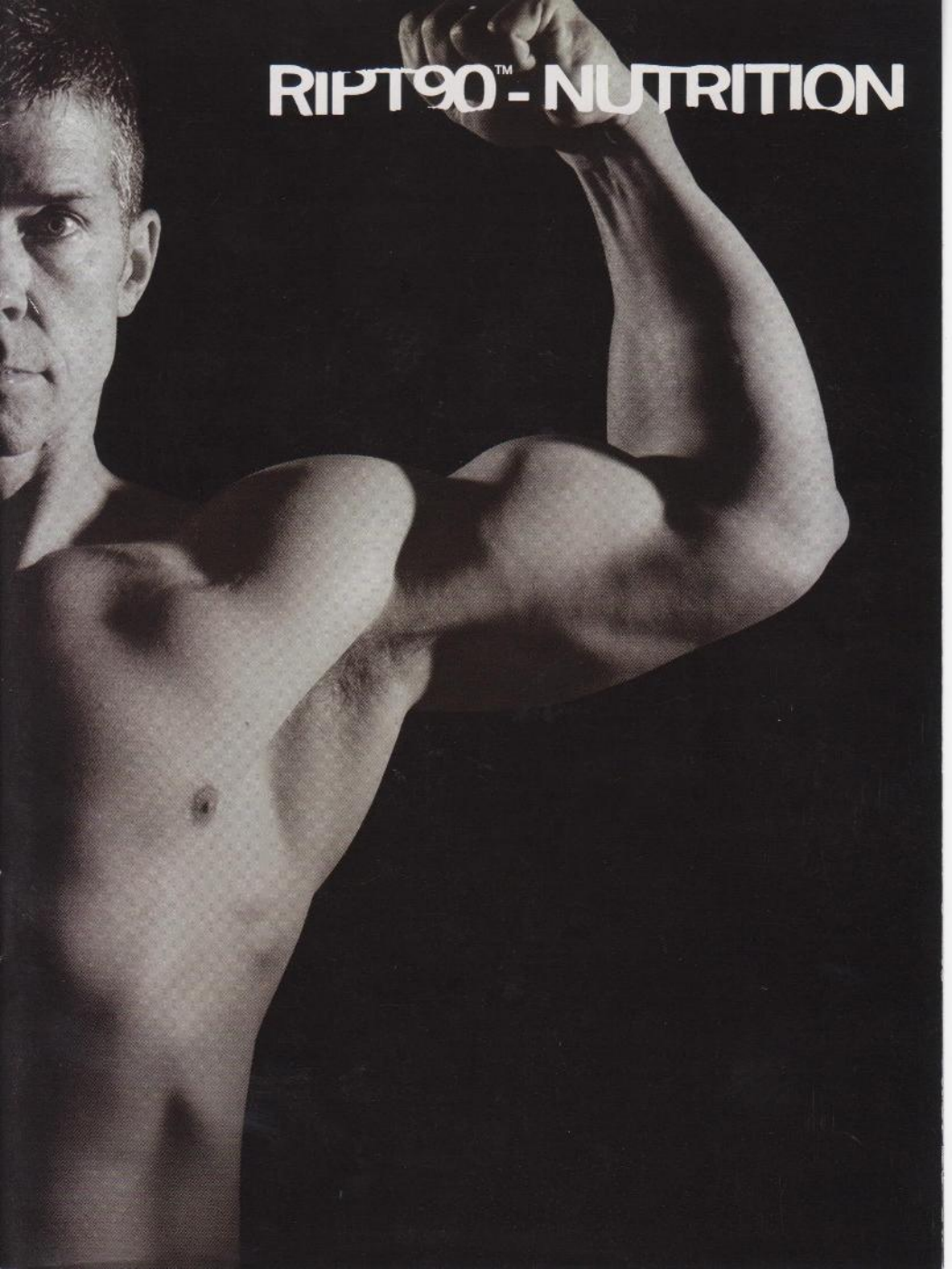


**RIPT90™ - NUTRITION**



# WHEN TO EAT

**Sure** you have heard that eating many smaller meals a day is important, but why?

In a nutshell, you are teaching your body that it need not bother storing calories as fat as you will always be fuelling it and supercharging your metabolism.

To ensure we take full advantage of this effect, each day you will eat breakfast, lunch and dinner with a snack between each. Eating 5 times a day.

**Breakfast** as soon after awaking as possible

**Snack** 2-3 hours later

**Lunch** around mid day

**Snack** 2-3 hours later

**Dinner** mid-evening

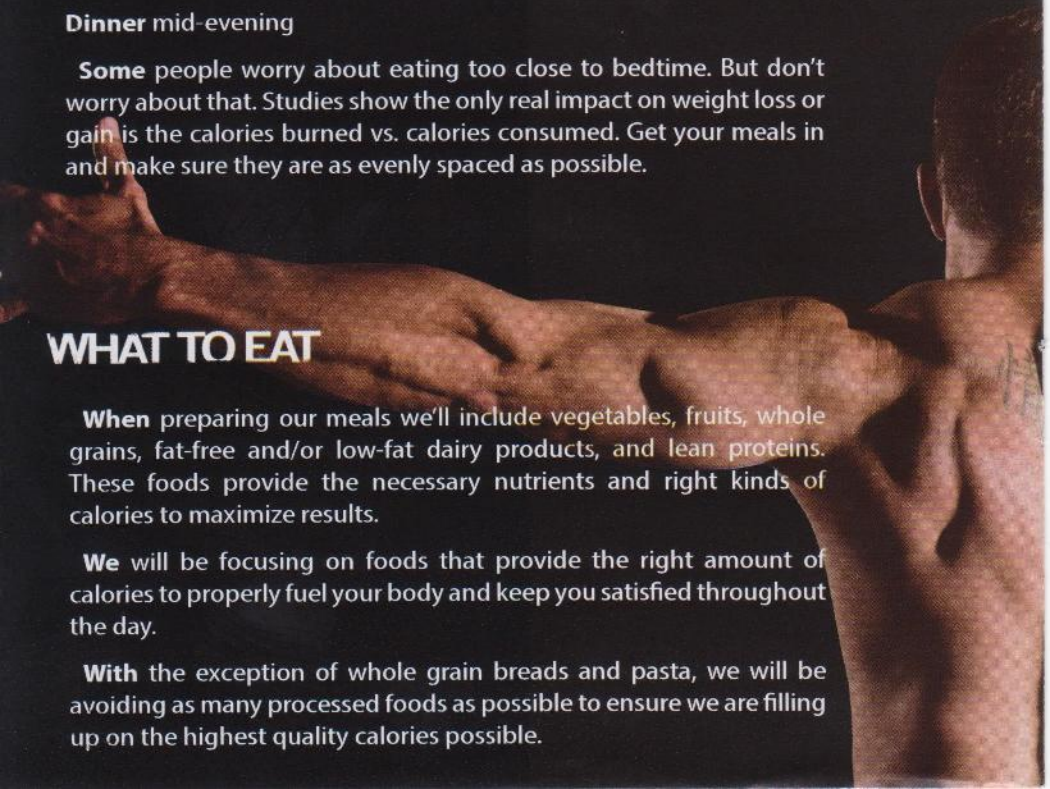
**Some** people worry about eating too close to bedtime. But don't worry about that. Studies show the only real impact on weight loss or gain is the calories burned vs. calories consumed. Get your meals in and make sure they are as evenly spaced as possible.

# WHAT TO EAT

**When** preparing our meals we'll include vegetables, fruits, whole grains, fat-free and/or low-fat dairy products, and lean proteins. These foods provide the necessary nutrients and right kinds of calories to maximize results.

**We** will be focusing on foods that provide the right amount of calories to properly fuel your body and keep you satisfied throughout the day.

**With** the exception of whole grain breads and pasta, we will be avoiding as many processed foods as possible to ensure we are filling up on the highest quality calories possible.



## WHAT IF I GET HUNGRY?

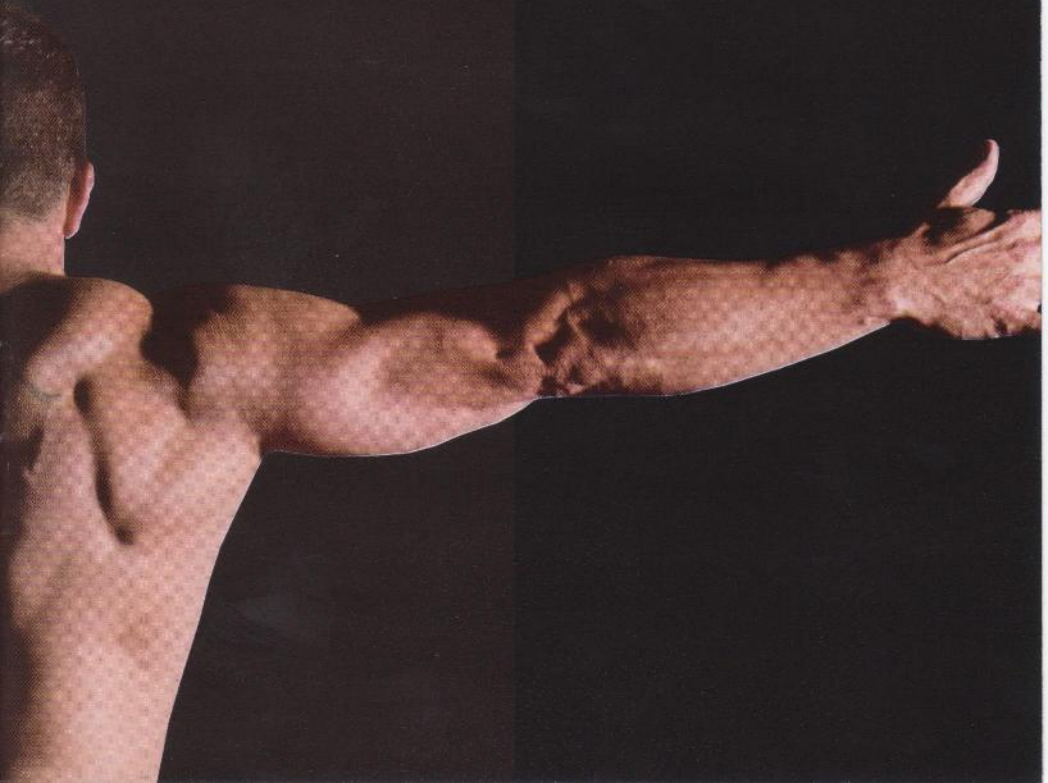
**If** you get hungry between meals, that's fine and something you can manage easily, just try these tricks.

**Drink** plenty of water as dehydration can make you feel hungry. You should drink 8 glasses of water each day. 8 ounces per glass.

**Slow** down while eating. It takes your body a little while to determine it is full. This way you will not feel hungry at the end of your meal.

**Eat** on schedule. Make sure you take your meals and snacks 2-3 hours apart and they are not too bunched together or too far apart.

**Keep** a simple snack handy like a banana or handful of almonds.



## WHAT TO DRINK

**The** body is over 70% water and requires 64 ounces of fresh water a day to function properly so that is a good place to start. Although there are many fruits, vegetables and/or drinks that contain high water content, I believe there is no real substitute for water. However, you can add other fluids to your diet and still reap benefits from them.

**Non-fat** milk is high in calcium and can boost fat loss by increasing the breakdown of fat in fat cells.

**Many** studies tout the benefits of green-tea in your diet including the possibility of added fat burn.

**Coconut-water** contains more electrolytes than most fruit juices and energy drinks.

**Whey** protein has been found to release hormones that help curb cravings while providing as much as 20g of protein per serving.

## WHAT NOT TO DRINK

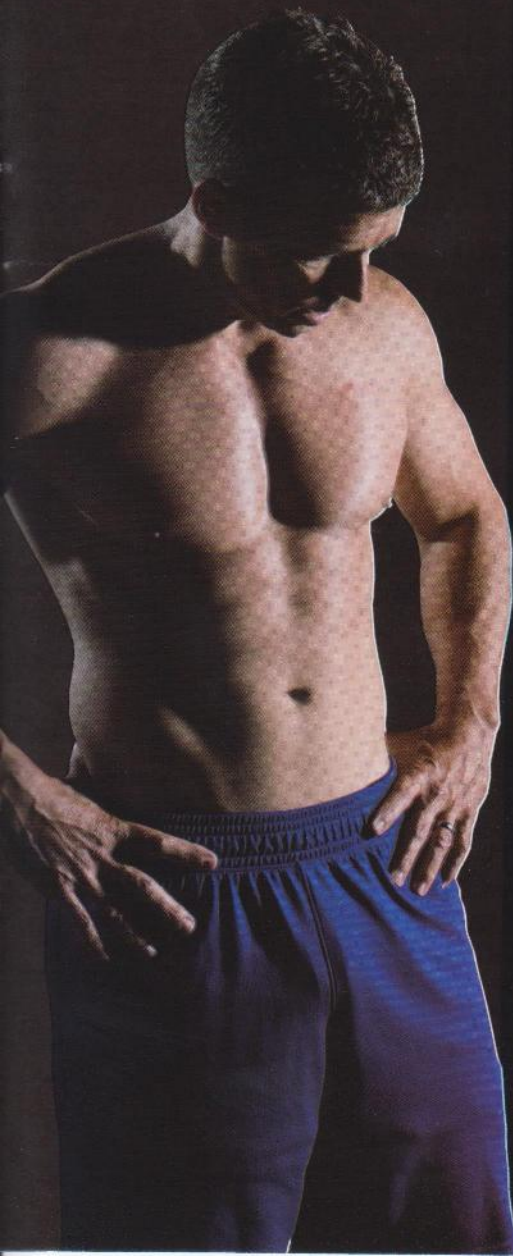
**Not** much mention of soda or diet soda in the "what to drink" list and that's no coincidence. You already know not to drink sugary beverages but we'll also tell you why we prefer you skip diet soda too.

**The** calories in soda have no nutritional value. We want you to fuel your body properly. Junk in equals junk out.

**Some** research indicates that the additives in diet soda can make you feel more hungry leading you to eat more. Why not keep your body running on pure solutions rather than adulterated diet sodas?

**Obviously** we are fairly passionate on this subject. Cut soda and diet soda out of your diet for the next 30 days and we think you will be passionate by the end too.





**Finally** in order to achieve the maximum results you may need to make adjustments to your dietary plans and target calories as your body adapts and begins making progress towards your goal.

**You** may also make other changes in your lifestyle that impact your daily calorie burn and target calories that need to be taken into effect, such as walking the dog or running, etc.

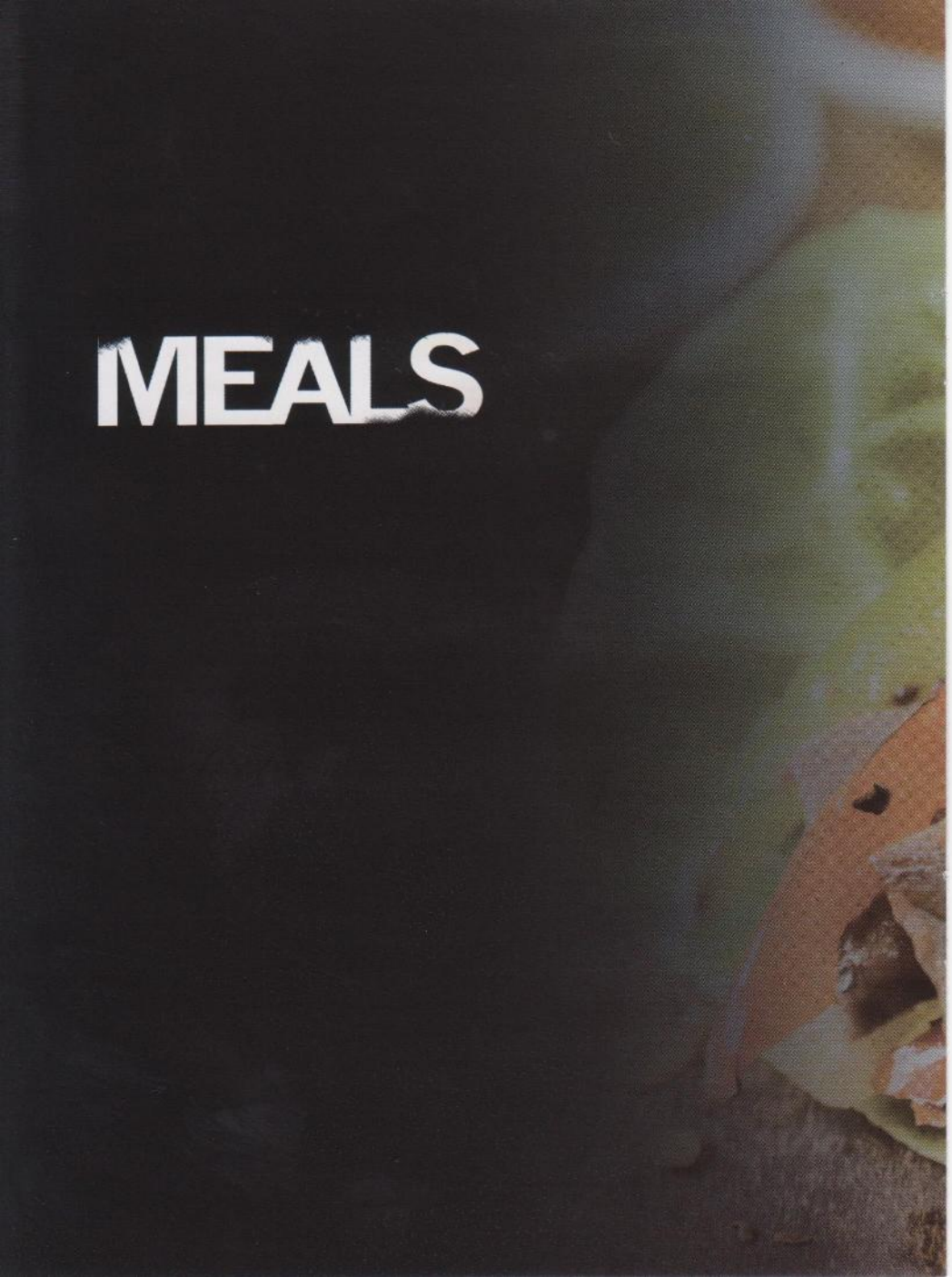
## TWEAKING MY PLAN

If you have already completed a program once through or are a couple of weeks in, you may need to make further adjustments to your nutrition intake and/or the fitness level and/or time you complete a workout. Make any adjustments that are warranted.

## 8 DAILY

**Your** goal is to drink an 8 ounce glass of water 8 times a day. It is best to spread it out throughout your day as this will help you stay feeling full, longer. Every 1 to 2 hours grab a glass.

# MEALS



# BREAKFAST

## Millet Cereal - Serves 4

3 Cups cooked, well drained millet

1 TBSP Chia Seeds

3 TBSP Honey

1 TBSP Ground Flaxseed

1 Cup Almond Milk

**In large bowl, combine millet, chia seeds, honey, flaxseed & salt. Spread mixture ¼ inch thick onto rimmed baking sheet and bake at 350 degrees until crisp (45-50 minutes). Cool then break into bite-size pieces. Divide amongst 4 bowls and top your serving with almond milk.**

Calories per serving: 200; Carbs: 42G;  
Fiber 2.5 G; Protein: 5G; Fat: 1.5G

## Ham & Egg Bowl

3 eggs

3 oz ham, cubed

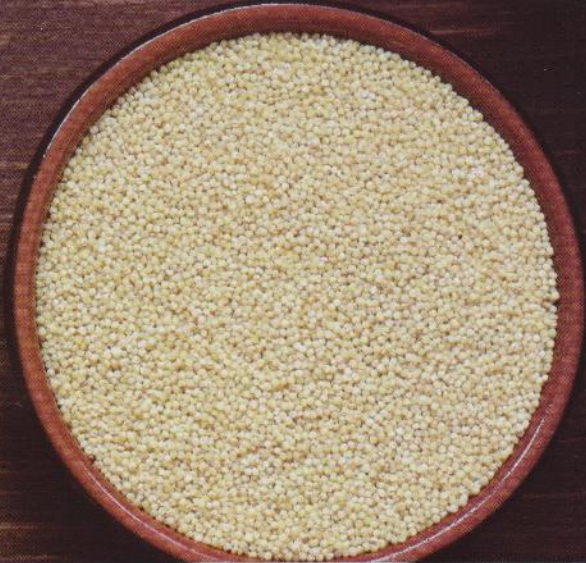
1 cup black beans

1 cup baby spinach

½ avocado, diced

**Crack eggs into non-stick skillet, over high heat. Add ham and beans and seasoning of choice and stir until eggs are cooked then transfer into bowl. Add spinach and avocado, toss and serve immediately**

Calories per serving: 700; Carbs: 57G;  
Fiber 24 G; Protein: 52G; Fat: 32G



### Chicken Omelet

8 oz chicken breast, diced

4 eggs

½ cup baby spinach

½ tomato

1/3 cup low-fat shredded cheese

**Grill chicken in non-stick skillet over medium heat, stirring often until cooked. Set aside. Beat eggs in bowl and pour into skillet, cook for about 30 seconds. While cooking, combine remaining ingredients in bowl and add contents to one side of the egg in the skillet. Fold other side over. Cook for 2 minutes, then flip with spatula and cook other side for an additional 2 minutes. Serve immediately.**

Calories per serving: 490; Carbs: 7G; Fiber 2 G; Protein: 72G; Fat: 17G

### Nutty Greek Oatmeal

½ cup oats

1 cup low-fat plain Greek yogurt

1 tbsp honey

1/3 cup sliced almonds

¾ cup berries

**Combine oats, yogurt & honey in a bowl and stir to blend. Top with almonds and berries.**

Calories per serving: 703; Carbs: 75G; Fiber 13G; Protein: 38G; Fat: 31G



## Sharp Egg Muffin

- 1 whole-wheat English Muffin
- 2 hard boiled eggs
- 2 oz sliced sharp cheddar cheese

**Prepare eggs prior to meal by boiling in saucepan or 3-5 minutes. Turn off heat and let stand for 10 minutes. Drain and refrigerate. Toast a split English muffin then top each piece with sliced cheese. Slice eggs and top each piece of cheese toast.**

Calories per serving: 480; Carbs: 26g;  
Fiber: 4g; Protein: 33g; Fat: 29g

## Breakfast Burrito

- 1 potato
- 1 Tsp olive oil
- 2 eggs
- 2 slices turkey bacon
- 1 large whole wheat tortilla
- 2 Tbsp black beans
- ¼ Avocado slice

**Rub olive oil on potato and microwave for 7-9 minutes. Let stand for a couple of minutes, then mash with fork. Scramble eggs while potato is cooking over high heat and set aside. Reduce heat to medium and cook bacon, turning over every couple of minutes. Layer tortilla with potato, eggs, bacon, beans & avocado. Season to taste.**

Calories per serving: 689, Carbs: 80G;  
Fiber 29 G; Protein: 32G; Fat: 28G



### **Egg & Spinach Scramble**

- 2 Eggs
- 1 cup baby spinach
- 2 Tbsp grated Parmesan cheese
- 1 Tbsp olive oil

**Heat skillet over medium heat, add olive oil to skillet while heating. Beat the eggs and add spinach, cheese and seasoning to taste. Pour mixture into skillet and mix continuously until eggs are thoroughly cooked. Serve immediately**

Calories per serving: 352, Carbs: 3.45 G; Fiber 0G; Protein: 16.88 G; Fat: 29.9 G

### **Frittata**

- 3 Eggs
- ¼ red potato
- ½ Tbsp olive oil
- 2 halved mushrooms
- ¼ sliced red pepper
- ¼ sliced zucchini
- 2 halved cherry tomatoes
- 2 Tbsp crumbled feta cheese

**Preheat oven to 350 degrees. Steam potatoes, then set aside to cool. Heat oil in non-stick, oven friendly skillet over medium heat. Add potatoes & season to taste, and sauté for 2 minutes. Add mushrooms & pepper and cook for 4 minutes. Stir in zucchini and reduce heat to low. Whisk eggs and pour over vegetables, add tomatoes & feta. Cook for 5 minutes. Place pan in oven and bake for 20 minutes.**

Calories per serving: 438; Carbs: 32G; Fiber 6 G; Protein: 26G; Fat: 25G

### **Whole-Grain Waffles with Yogurt, Nuts & Bananas**

2 whole-grain toaster waffles

8 oz Greek yogurt

1 banana, sliced

1 TBSP chopped walnuts

**Toast waffles and top with yogurt, banana, and nuts and enjoy**

Calories per serving: 541, Carbs: 66.4G;  
Fiber 6.2G; Protein: 17G; Fat: 26G

### **Warm Pear with Cinnamon Ricotta**

1 pear, halved length wise

½ cup part-skimmed ricotta cheese

¼ TSP Cinnamon

**Preheat broiler and halve and core pear. Place on a baking sheet and broil for 10-12 minutes. In a small bowl, combine cheese and cinnamon and put on top of pear halves.**

Calories per serving: 302; Carbs: 31.6G;  
Fiber 6.3G; Protein: 14.7G; Fat: 12.2G



### Quinoa & Fruit

¼ cup dried quinoa

¼ apple, chopped

½ cup boiling water

2 TBSP sliced almonds

2 Tsp honey

**Boil water, add quinoa and apples to boiling water, cover and cook for 10-15 minutes. Remove from heat and top with almonds and honey**

Calories per serving: 288; Carbs: 47G; Fiber 6G; Protein: 8G; Fat: 8G

### Breakfast Smoothie

1 cup plain Greek yogurt

1 TBSP Almond Butter

1 banana

**Butter bread with Almond butter, add pear and serve.**

232 calories; 13.3g fat (0.9g sat. fat); 0mg cholesterol; 4.7g protein; 29.6g carbohydrate; 9.15g sugar; 2.15g fiber

# LUNCH

## Tuna Stuffed Avocado

1 Avocado

3 oz tuna, drained

¼ cup bell pepper

1/3 cup low-fat Greek yogurt

**Slice avocado in half, remove pit and scoop out most of the flesh. In bowl, add scooped out avocado, tuna, bell pepper and yogurt. Mix with spoon. Distribute mixture between avocado halves and serve**

Calories per serving: 538; Carbs: 32G;  
Fiber 16 G; Protein: 33G; Fat: 34G

## Triple Stacker Turkey Sandwich

3 slices of whole wheat bread

½ cup of cranberries

1 cup spinach

6 slices of turkey

2 slices of low-fat cheese

¼ cup of water

**In a bowl, use a fork to mash up cranberries and add cranberries and water to skillet and bring to boil. Reduce heat to low and simmer for 10 minutes. Spread ¼ cranberry sauce on 1 piece of bread. Layer spinach, turkey and cheese. Spread ¼ cranberry sauce on second piece of bread and place face down on cheese. Spread ¼ cranberry on third slice of bread and repeat spinach, turkey, cheese layer and place on top of sandwich.**

Calories per serving: 400; Carbs: 40G;  
Fiber 7 G; Protein: 37G; Fat: 8G



### **Open-Faced Lox Sandwich**

- 2 slices whole wheat bread
- 4 Tbsp part-skim ricotta
- 8 oz smoked salmon
- 2 Tbsp minced onions

**Toast bread and layer each piece of toasted bread in order of ingredients listed above.**

Calories per serving: 792; Carbs: 42.9 G;  
Fiber 6.4 G; Protein: 77.2 G; Fat: 34.88 G

### **Egg Roll**

- 1 Egg
- 1 Tsp olive oil
- 1 whole-wheat tortilla
- 2 TBSP Salsa
- 2 TBSP shredded mozzarella cheese

**Fry egg in olive oil, serve on warm tortilla and top with salsa and cheese.**

Calories per serving: 244; Carbs: 24G;  
Fiber 3G; Protein: 11G; Fat: 12G

### **Quinoa Greek Salad**

- ½ cup cooked quinoa
- ½ cup chickpeas
- 10 cherry tomatoes, halved
- ½ cucumber, chopped
- ¼ cup feta cheese
- 1 Tbsp olive oil

**Mix all ingredients in bowl and enjoy**

Calories per serving: 537; Carbs: 35.75G;  
Fiber 12G; Protein: 19.5G; Fat: 10G

### **Smoked Salmon Sandwich**

- 2 pieces whole-wheat toast
- ½ Avocado, mashed
- 2 ounces smoked salmon
- ¼ cup arugula
- 1 cup apple slices

**Layer 1 slice of bread with avocado, salmon and arugula and top with second slice of bread. Serve apple on slices**

Calories per serving: 575; Carbs: 69.7G;  
Fiber 12.1G; Protein: 26.6G; Fat: 24G



### **Turkey Sandwich**

2 slices of whole-wheat bread, toasted

1 TBSP hummus

¼ avocado, mashed

4 thin slices roasted turkey breast

¼ cucumber, sliced

3 slices of tomato

**Layer 1 piece of toast with ingredients in order listed, cover with second slice of toast**

Calories per serving: 580.5; Carbs: 49.25 G; Fiber 10 G; Protein: 34.95 G; Fat: 22.3 G

### **Spinach Walnut Salad**

**Serves 4**

3 cups Spinach

¼ cup chopped walnut

½ cup crumbled feta cheese

2 cups cherry tomatoes, halved

¼ of a red onion, thinly sliced

2 Tbsp Balsamic vinaigrette

**Place spinach, feta, tomatoes, onion and walnuts into large salad bowl, toss and refrigerate for 15 minutes. Portion out ¼ of the salad and drizzle vinaigrette over serving**

Calories per serving: 130.5; Carbs: 9.15 G; Fiber 3.65 G; Protein: 7.4 G; Fat: 9 G





### **Chicken & Black Bean Burrito**

- ¼ cup black beans
- 1 whole-grain tortilla
- 2 ounces skinless chicken, chopped
- ¼ cup red pepper, sliced
- ¼ cup corn
- 1 oz low-fat shredded cheddar cheese

**Heat beans for 1 minute in microwave. Spread beans on tortilla and top with chicken, peppers, corn and cheese. Wrap burrito and place in skillet on medium heat for 2 minutes, or until slightly toasted. Serve immediately.**

Calories per serving: 424; Carbs: 51G; Fiber 8.3G; Protein: 27.9G; Fat: 14.8G

### **Potato & Black Bean Tacos**

- 1 small potato, cubed
- ½ cup black beans
- 3 corn tortillas
- 1 TBSP Salsa
- ¼ avocado, sliced

**Place potato & oil into skillet and sauté for 15 minutes. Add beans and cook for 5 more minutes. Warm tortillas and fill with bean and potato mixture, cover with salsa and add avocado slices.**

Calories per serving: 453.5; Carbs: 80.65 G; Fiber 16.7 G; Protein: 14 G; Fat: 10.1 G



### **Spinach & Bacon Salad**

- 1 TBSP olive oil
- 4 slices turkey bacon
- 2 cups spinach
- ½ cup cherry tomatoes, halved
- 2 TBSP balsamic vinaigrette

**In skillet, add olive oil and turkey bacon and cook until done to desired crisp**

Calories per serving: 377.5; Carbs: 16.7G; Fiber 5.2G; Protein: 12.32 G; Fat: 33.3G

### **Tuna Pita with Apple Salad**

- 1 can water-packed chunk-light tuna, drained
- 1 tbsp Greek yogurt
- 1 whole wheat pita
- 4 cups mixed greens
- 1 small apple, sliced
- 1 oz feta cheese
- 2 TBSP balsamic vinaigrette

**Combine tuna with Greek yogurt and stuff into pita. Toss greens with apple, feta and vinaigrette and serve on side of pita.**

Calories per serving: 501; Carbs: 60.4G; Fiber 9.4G; Protein: 35.6G; Fat: 17.1G

# DINNER

## Black Bean Chili

- 1 teaspoon Olive Oil
- 1 Onion
- 1 Carrot
- 15 oz black beans
- 1 cup diced tomatoes
- Seasoning to taste
- 1 cup Water

**Cook onion & carrot with oil for 5 minutes. Add drained beans, tomatoes, water and seasoning and simmer for 20 minutes, mixing occasionally.**

Calories per serving: 354.7; Carbs: 61.1G; Fiber 13.8G; Protein: 17.7G; Fat: 5.9 G

## Baked Chicken with Mushroom & Sweet Potato

- 4 oz skinless chicken breast
- 1 cup sliced Portobello mushrooms
- 1 Tbsp chives
- 1 Tbsp Olive Oil
- 1 Medium sweet potato

**Preheat oven 350 degrees. Place chicken in baking pan, top with mushrooms, chives & oil and bake for 15 minutes. With 7-10 minutes remaining in baking, place potato in microwave and cook for 6-8 minutes.**

Calories per serving: 394; Carbs: 32.2G; Fiber 6.9G; Protein: 31G; Fat: 16G



### **Stir Fry – Serves 2**

- 1 pound peeled shrimp
- 2 TBSP jerk seasoning
- 1 TBSP olive oil
- 1 sweet potato, thinly sliced
- 15 oz black beans, drained

**In a large bowl, toss shrimp with jerk seasoning. Heat pan/wok over medium-high heat, add olive oil and shrimp and cook until it turns pink. Remove and set aside. Add sweet potato and cook until tender. Stir in black beans and stir-fry for 1 minute. Add shrimp and a splash of water, heat 30 seconds.**


Calories per serving: 399; Carbs: 32.1G;  
Fiber 2.1G; Protein: 15.4 G; Fat: 14G

### **Meatless Burger – Serves 4**

- 1.5 cups cooked brown rice
- 1 can, rinsed & drained black beans
- 2 zucchini cut into sticks
- 4 Tsp olive oil
- 1 sliced white onion
- 2 cups sliced mushrooms
- 2 whole-wheat buns
- 4 slices fresh mozzarella

**Preheat oven to 400 degrees. In food processor, blend rice, 1 Tbsp seasoning of choice, and beans for 1 minute. Form into patties and place on baking sheet. Coat zucchini with olive oil and 1 Tbsp seasoning of choice, place on sheet with burgers. Bake for 15 minutes, rotate pans, flip patties, and bake 15 minutes more. Sauté onions and mushrooms. Top each half of the buns with burger, slice of cheese and ¼ onions & mushrooms. Serve zucchini side.**

Calories per serving: 390; Carbs: 60G;  
Fiber 9G; Protein: 19G; Fat: 9G



### **Cilantro Pesto Spaghetti – serves 4**

- 1 Lime
- 1.5 bunches of cilantro (leaves and stems)
- 1 garlic clove
- 2 TBSP grated Romano cheese
- ¼ cup olive oil
- 8 ounces whole-wheat pasta

4 chicken breasts Chicken breast, cubed

**Preheat oven to 350 degrees, bake chicken for 10 minutes, flip and bake for an additional 8-10 minutes**

**Pesto – zest lime, and then juice it to create 1.5 TBSP juice. Pulse zest, juice, cilantro, garlic, Romano and oil in food processor until smooth**

**Pasta – cook pasta according to package directions. Drain and toss with pesto. Plate with chicken.**

Calories per serving: 519; Carbs: 46G; Fiber 6G; Protein: 37G; Fat: 21.5G

### **Skillet Peas & Rice - Serves 4**

- 4 oz smoked chicken, cubed
- 2 TBSP olive oil
- 2 onions, chopped
- 2 red bell peppers, chopped
- 2 cups cooked brown rice
- 2 cups cooked or canned black-eyed peas

**Add oil to skillet, put over medium-high heat. Add ham and cook, stirring occasionally. Add onions and peppers to cook until soft (5-10 minutes). Add rice, stirring until completely heated. Add peas and cook until completely heated (~2 minutes).**

Calories per serving: 407; Carbs: 45G; Fiber 7 G; Protein: 13G; Fat: 20G



### **Curried Chicken & Brown Rice**

¼ cup coconut milk

2 cups spinach

¾ cup chickpeas

½ TSP curry powder

4 oz Chicken

½ cup cooked brown rice

**Preheat oven to 350 degrees; bake chicken for 10 minutes, flip breast and bake for an additional 8-10 minutes. Once cooked, cube breast.**

**Combine first four ingredients and cook until warmed. Place in bowl, over brown rice and top with chicken, mix and enjoy.**

Calories per serving: 543; Carbs: 62.7G; Fiber 27.2G; Protein: 40.4G; Fat: 15.3G

### **Fettuccine Avocado & Pork Chop**

¼ Avocado, mashed

1 TBSP chopped basil

1 TSP olive oil

½ cup cauliflower

1 Pork chop

1 ¼ cup cooked whole grain fettuccine

**Preheat oven to 350 degrees. Season both sides of pork chop to taste and place on baking sheet and bake for 20-30 minutes, flipping chop halfway through. While chop is baking, steam cauliflower as well as cook fettuccine to directions on package. Once fettuccine is cooked, mix first four ingredients with fettuccine and serve with pork chop on the side**

Calories per serving: 575.7; Carbs: 47.35G; Fiber 10.8G; Protein: 32.9G; Fat: 24.5G

## Goat Cheese & Chicken Pizza

6.5 inch whole-wheat pita

4 oz chicken, cubed

3 TBSP Goat cheese

¼ cup onion

½ pear

**Bake chicken at 350 degrees for 10 minutes**

**While chicken is baking, spread pita with goat cheese on pita and top with onion, pear and after 10 minutes in the oven, place cubed chicken pieces on top. Place pizza back in oven for another 10 minutes.**

Calories per serving: 446; Carbs: 53.14G; Fiber 9.4G; Protein: 38G; Fat: 9.7G

## Chicken and Greek Potato's

4 oz skinless chicken breast

1 small potato, cubed

2 cups broccoli

2 TSP olive oil

2 TBSP crumbled feta cheese

1 TBSP balsamic vinaigrette

**Preheat oven to 400 degrees. Place chicken on baking sheet, bake for 30 minutes, or until done. Add potatoes, broccoli and olive oil in bowl and toss with salt & pepper (to taste). Roast mixture for 30 minutes. Mix vegetables with cheese and drizzle balsamic vinaigrette over vegetables. Plate and serve.**

Calories per serving: 408.4; Carbs: 36G; Fiber 7.2G; Protein: 34.1G; Fat: 15.6 G



### Turkey Sausage Pasta

- ½ cup jarred marinara sauce
- 1 cup mushrooms
- 3 oz cooked turkey sausage
- ¾ cup whole-grain pasta
- 1 Tsp shredded Romano cheese

**Cook pasta as directed on package. Combine marinara, mushrooms, and sausage in a pot and bring to a boil, then simmer for 5 minutes. Toss mixture with pasta and serve with cheese on top**

Calories per serving: 370; Carbs: 46.1G; Fiber 5.3G; Protein: 22.5G; Fat: 12.3G

### Steak wraps & fries

- 1 small potato, sliced length wise
- 1 TSP olive oil
- 1 TSP chilli powder
- 3 oz sirloin steak
- 6 romaine leaves
- ½ cup red pepper, sliced
- 1 TBSP balsamic vinaigrette

**Preheat oven to 400 degrees. Toss sliced potato with olive oil and chilli powder. Roast potato on baking sheet until browned (approximately 30 minutes). Grill steak until done to desired level. Slice steak into strips and fill lettuce leaves with steak and pepper then drizzle vinaigrette over steak. Plate fries and enjoy.**

Calories per serving: 371.7; Carbs: 33G; Fiber 11.6G; Protein: 28.3G; Fat: 13.9 G



# SNACKS

## **Cottage Cheese & Fruit**

1 cup non-fat cottage cheese

½ medium grapefruit

**Slice and peel grapefruit and add to cottage cheese and serve**

Calories per serving: 253; Carbs: 25.4G;  
Fiber 1.8G; Protein: 33G; Fat: 3.2G

## **Berry-Almond Smoothie**

1 Cup frozen berries

1 cup Greek yogurt

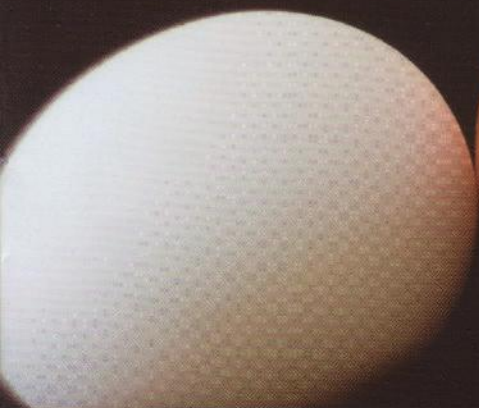
2 TBSP Almonds

1 TBSP Honey

1 TSP fresh ginger

**Combine all ingredients into blender and process until smooth**

Calories per serving: 205; Carbs: 28G;  
Fiber 4G; Protein: 10G; Fat: 7G



### **Egg and Apple**

2 hard-boiled eggs

1 small apple

#### **Slice and serve**

Calories per serving: 200; Carbs: 15G;  
Fiber 3.5G; Protein: 14G; Fat: 10G

### **Chocolate Honey**


1 container plain Greek yogurt

½ TSP cocoa powder

1 TBSP honey

**Mix all ingredients together in  
yogurt container**

Calories per serving: 137; Carbs: 23G;  
Fiber .34G; Protein: 12.3G; Fat: 0.15G



### **Celery & Almond Butter**

4 Celery sticks

2 TBSP Almond Butter

#### **Plate and serve**

Calories per serving: 220; Carbs: 15G;  
Fiber 3G; Protein: 8G; Fat: 17G

### **Hummus & Veg**

1 cup carrots

½ cup hummus

#### **Plate and serve**

Calories per serving: 230; Carbs: 22G;  
Fiber 7.4G; Protein: 17G; Fat: 11.8G



### **Cheesy Muffin**

1 English Muffin

4 TBSP shredded Cheddar

½ Pear, sliced thinly

**Slice muffin in ½ and sprinkle cheese on both halves. Layer pear on top and toast under broiler until cheese melts**

Calories per serving: 295; Carbs: 40G;  
Fiber 7G; Protein: 13G; Fat: 11G

### **Electrolyte Smoothie - Serves 2**

2 medium oranges

¼ cup whole, raw almonds

1 small sweet potato

1 medium apple, cored and cubed

½ cup water

**In blender, combine all ingredients and blend, scraping down sides occasionally, until smooth.**

**Refrigerate and shake before serving**

Calories per serving: 231; Carbs: 36G;  
Fiber 9.1 G; Protein: 6G; Fat: 7G

# QUICK CALORIES



## **Almonds**

12 80 cal

## **Apple**

1/2 58 cal

## **Bagel (plain)**

1/2 75 cal

## **Baked Potato**

1/2 medium 85 cal

## **Banana**

1 medium 105 cal

## **Blackberries**

1/2 cup 38 cal

## **Blueberries**

1/2 cup 41 cal

## **Cantaloupe**

1 cup 55 cal

## **Carrot**

1 medium 25 cal

## **Celery**

3 medium 18 cal

## **Cheese (cheddar)**

1 inch cube 69 cal

## **Cottage Cheese (reduced fat)**

1/2 cup 50 cal

## **Crackers (whole grain)**

4 35 cal

## **English Muffin**

1/2 68 cal

## **Grape Fruit**

1/2 med 52 cal

**Grapes**

1 cup 62 cal

**Hard Boiled Egg**

1 78 cal

**Kiwi**

1 med 50 cal

**Mandarin Oranges**

1/2 cup 50 cal

**Orange**

1/2 med 35 cal

**Peach**

1 med 40 cal

**Pear**

1/2 med 48 cal

**Pistachios**

20 80 cal

**Pop Corn (air popped)**

1 cup 31 cal

**Quinoa (cooked)**

1/3 cup 85 cal

**Raisins**

20 40 cal

**Rice Cake (salt free)**

1 35 cal

**Saltines**

5 60 cal

**Strawberries**

1/2 cup 26 cal

**Watermelon**

1 cup 46 cal