

## Lose Weight With Low Calorie Meals

Most of these meals, although not all of them, include a protein and carbohydrate combination. They are all good choices. I did not list on each one the addition of vegetables, so you should assume that vegetables at every meal/snack go without saying. You can and should eat an unlimited supply of non-starchy vegetables at every meal, or snack. Some examples are listed below. These snack/meal choices are approximate calculations using the brand indicated. An approximate caloric guide of the brands listed follow. When using other brands, the ingredients and calories can vary widely.

### 200 Calorie Meals or Snacks (plus or minus a couple of calories)

- 3-4 egg white omelet with broccoli (or other non-starch vegetable and 1 slice whole grain bread with fat-free cream cheese (or dry)
- Protein drink consisting of ½ cup water and one fruit portion, lots of ice cubes and 2 scoops of protein powder blended
- Tam-X-ico's™ whole grain wrap, 3 oz cooked chicken breast, mustard, or horseradish, lettuce and lots of veggies
- 1/4 cup nuts
- 1/4 cup trail mix or granola
- 7-8 Triscuits™ with spread of low fat-cream cheese
- 5-6 Triscuits™ with refried black beans
- celery sticks with 2 Tbs. peanut butter
- sandwich with one piece of bread and 3 oz. chicken or 2 oz turkey breast, mustard
- huge salad with 1/2 cup black beans, unlimited veggies and 4 Triscuits™ with vinegar and fresh herbs
- one hot Shelton's™ dog, one slice whole grain bread, ketchup and ¼ cup Deb's Zesty Pickle recipe
- ½ cup Fantastic™ vegetarian chili, (made without the beans), celery sticks, ¼ cup Deb's Zesty Pickle recipe
- ½ cup Fantastic™ vegetarian chili, (made without the beans), 7-8 Triscuits™
- ½ cup Fantastic™ vegetarian chili, made with the beans, celery sticks
- 2 Ryvita™ crackers, (a little short of) 1 Tbs. no-sugar added natural peanut butter, ½ pear sliced (I make this like a sandwich)
- 1/8<sup>th</sup> butternut squash baked, 1 tsp. raisins, and 1.5 tsp. brown sugar, (as per Deb's recipe), 1 oz. cheddar cheese
- 4 Mi Del™ whole wheat graham crackers, 1.25 Tbs. Peanut butter
- ¾ cup fat-free yogurt-plain or fat-free cottage cheese with 1 fruit and 1 scoop of protein powder
- huge salad with 1 oz. feta cheese, unlimited veggies and 7-8 Triscuits™ with vinegar and fresh herbs
- ½ cup refried beans, ½ cup fresh tomato salsa (see Deb's Recipe), with 1 Tam-X-ico's™ whole grain wrap toasted in the toaster.

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- ½ cup Fantastic™ vegetarian chili, (made without the beans), 4 oz. white, flat fish like flounder or tilapia (I add some water and cook the fish in the chili, it comes out like soup.)
- 2 Wheatabix™ biscuits, 1 cup soy or skim milk
- 1 Wheatabix™ biscuit, ¾ cup soy or skim milk, 1 fruit portion
- 4 oz. white, flat fish like flounder or tilapia, 1 small sweet potato (no condiments)

### 100 Calorie Meals or Snacks (plus or minus a couple of calories)

- ½ cup Fantastic™ vegetarian chili, (made without the beans), celery sticks
- 1/8<sup>th</sup> butternut squash baked, 1 tsp, raisins, and 1.5 tsp. brown sugar, (as per Deb's recipe)
- ¾ cup Puffins™ brand cereal
- ¾ cup fat-free yogurt-plain or fat-free cottage cheese with ¼ cup of fruit
- ½ cup refried beans, ½ cup fresh tomato salsa (see Deb's Recipe), with celery, carrots, and radishes
- 2 cup oil popped pop corn (made by you)
- McDonalds Yogurt Parfait (skip the granola)
- McDonalds Chicken Caesar (skip the dressing, ask for vinegar)
- Burger King Veggie Burger (no bun, no condiments)
- Subway 4" Sub (not tuna, no cheese, no condiments)
- Wendy's low-fat strawberry yogurt (skip the granola)

**Eat as many non-starchy vegetables**, both raw and cooked everyday. They should be condiment free, with the exception of a little salt, other spices or pepper. Vinegar is also unlimited usage and is delicious over all of these vegetables. It is good to include a cruciferous vegetable everyday.

**Cruciferous Vegetables:** cabbage, cauliflower, broccoli, Swiss chard

**Other Good Vegetables:** green beans, carrots, celery, radishes, spinach, leaf lettuces, romaine, carrot tops

### Brands Names-Approximate portion size to calorie ratio

Tam-X-ico's™ whole grain wrap: 120 c

7-8 Triscuits™: 180 c

½ cup Fantastic™ vegetarian chili (prepared measure) 100 c

2 Ryvita™ crackers: 100 c

4 Mi Del™ whole wheat graham crackers: 140 c

2 Wheatabix™: 120 c

¾ cup Puffins™ brand cereal: 100 c

Shelton's™ hot dog: 60 calories per dog

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