

## Healthy Eating Menu

### *Important information*

\*Almost any food that is found in already made packages has preservatives in it, therefore it is always better to eat foods that are fresh and without preservatives.

\*Some of the words that you may want to look for in the ingredients would be any Partially Hydrogenated Oils (also known as Tran's fats), sugar substitutes such as artificial sweeteners (aspartame), and high fructose corn syrup.

\*It is almost always better to eat foods that are whole, rather than sugar or fat free, because other artificial ingredients are usually added to them to make them taste better like extra sugar or salt. (The extra sugar added to these foods will make you hungrier, and the extra salt added to them can cause water retention and high blood pressure.)

\*Complex carbohydrates such as whole grain, and whole wheat pasta's and breads are much healthier for you because they're higher in fiber, so they cause your body to use more energy to break them down, in turn your metabolism is working longer and harder. (This means that you're burning more calories just to break down the foods, and you are satisfied longer)

\* The goal to speeding up your metabolism is to eat 5-6 small meals a day (breakfast, lunch, and dinner being 3 of those meals, in correct portions (1 portion of each choice))

\*You should always drink water, at least 8-10 8 fluid ounces a day  
At breakfast it is OK to have (1) 8 fluid oz. glass of OJ a day, and  
(1) 8 fluid oz. glass  
of milk a day

Breakfast

Oatmeal	w/ raisins craisins cut up fresh fruit such as; -any kind of berries -apples -peaches
Egg white omelet	w/ sliced turkey spinach broccoli feta cheese tomatoes mushrooms red peppers
2-3 hard boiled eggs	w/low sodium salt or sea salt
1 cup -1 1/2 cup of some cereals	Such as; Whole grain, honey nut, or original cheerios Life Kashi Corn flakes Special K (original) Kix Fiber one
Fresh Fruit Salad	w/whole wheat toast (if needed add a little but of jelly)
Yogurt	w/ fresh granola or fresh cut up fruit
Whole wheat toast	w/ natural peanut butter and cut up bananas

Lunch

Sandwich on whole wheat bread or for less calories make a role up using romaine lettuce in the place of bread	Turkey breast (Things to add to sandwich that are healthy roasted red peppers, avocado, mustard, mayo made with olive oil measuring your serving size)  Chicken breast (Things to add to sandwich that are healthy roasted red peppers, avocado, mustard, mayo made with olive oil measuring your serving size)  Tuna (with cut up celery, onions, and apples)  Chicken salad (with cut up celery, onions, and apples)  Egg salad using mayo made with olive oil, again measuring for serving sizes
Fresh Fruit salad	w/ a yogurt for protein
Fresh cut salad	w/ vinaigrette dressing -for protein add hard boiled eggs or chick peas -feta cheese or cheddar cheese -for good fats add avocado -black olives

Dinner

<p>Choice of low fat high protein meats are;</p> <ul style="list-style-type: none"> <li>-turkey breast</li> <li>-chicken breast</li> <li>-ground turkey or chicken</li> <li>-pork tenderloin</li> </ul> <p>*All should be baked or grilled and you can use any seasoning that you like without MSG (seasoning in moderation)</p>	<p>Side dish options;</p> <p>Grilled veggies          Frozen veggies in the bag are good if you check the label for preservatives (It should say no preservatives (Birds Eye))          Whole wheat pastas          Brown rice          Spinach pasta (Ronzoni spinach fettuccini)          Couscous          Baked sweet potatoes          Baked white potatoes</p>
<p>Red meat once to twice a week</p>	<p>Side dish options;</p> <p>Grilled veggies          Frozen veggies in the bag are good if you check the label for preservatives (It should say no preservatives (Birds Eye))          Whole wheat pastas          Brown rice          Spinach pasta (Ronzoni spinach fettuccini)          Couscous          Baked sweet potatoes          Baked white potatoes</p>
<p>Fish (2-3 times a week) such as;</p> <ul style="list-style-type: none"> <li>-tilapia</li> <li>-salmon</li> <li>-halibut</li> <li>-fluke/flounder</li> <li>-scallops</li> <li>-shrimp</li> <li>-sea bass</li> </ul> <p>*All should be baked or grilled and you can use any seasoning that you like without MSG (seasoning in moderation)</p>	<p>Side dish options;</p> <p>Grilled veggies          Frozen veggies in the bag are good if you check the label for preservatives (It should say no preservatives (Birds Eye))          Whole wheat pastas          Brown rice          Spinach pasta (Ronzoni spinach fettuccini)          Couscous          Baked sweet potatoes          Baked white potatoes</p>

Snacks

<p>Bag of veggies</p>	<p>Carrots          Sugar snap peas          Broccoli          Green or Red peppers          Cherry or grape tomatoes          Cucumbers</p>
<p>Bag of nuts (almonds, walnuts)</p>	<p>w/craisins, raisins or dried fruit</p>
<p>Seeds (pumpkin or sunflower seeds)</p>	
<p>Celery          Apple          Banana          Plain rice cakes</p>	<p>w/peanut butter or yogurt to dip</p>
<p>Yogurt</p>	<p>w/fresh fruit          nuts or          granola</p>