

## I Don't Know What To EAT

### Breakfast

But if you had to rank the six meals in order of importance, the first meal would rank first. **Breakfast wakes up your metabolism and tells it to start burning fat, decreasing your risk of obesity.** The quickest way to incorporate my favorite Top 12 to add to your breakfast routine is to combine potent foods to make meals, such as:

8-ounce smoothie

2 tablespoons of peanut butter on whole-grain toast and 2 slices of Turkey or canadian bacon

1 $\frac{3}{4}$  cups of Shredded Wheat and Bran with 1 cup of 1 percent milk, 3 links of turkey sausage, and  $\frac{1}{2}$  cup of berries

2 scrambled eggs, 2 slices of whole-grain toast, 1 banana, and 1 cup of almond Milk or 1 percent or fat-free milk

Cereal made with  $\frac{3}{4}$  cup of high-fiber cereal,  $\frac{1}{4}$  cup fruit, 2 tablespoons of almonds, and  $\frac{3}{4}$  cup of almond milk or 1 percent or fat-free milk

1 slice of whole-grain bread with 1 tablespoon of peanut butter, 1 medium orange,  $\frac{1}{2}$  cup of All-Bran with  $\frac{1}{2}$  cup of almond milk or 1 percent or fat-free milk and  $\frac{1}{2}$  cup of berries

A hard-boiled egg, an apple, and 1 cup of low-fat chocolate milk

A cheese stick and a small bag of homemade trail mix, including almonds, walnuts, raisins, dried cranberries and Cheerios

### Lunch

Grilled chicken and chili are usually good options. In sit-down situations, you can also order smartly without getting tripped up by the quesadilla special. Some good combinations include a salad with grilled chicken or salmon, vegetables, almonds or other nuts, and a sprinkling of balsamic vinegar and olive oil. You can also order a piece of lean meat—either on whole-grain bread or by itself—with a

side of vegetables. Ask for salsa or a small side of olive oil for dipping. If you bring your lunch or eat it at home, There are so many other options you can surround yourself around my Top 12.

## **Dinner**

Dinner is the place where most of us wind down after a long day. That's because we spend the day serving others. By dinnertime, we're hungry to have some of our own demands met. If you follow my plan you'll have already fueled up at least four or more times before dinner, so you'll feel pleasantly hungry, not ravenous.

### **If You're a Calorie Counter**

Many of you like to count calories for a couple of reasons: Mainly, doing so can really help give you a fairly accurate gauge of whether you're staying in your optimum caloric range (especially because your caloric requirements are lower than men's and because all of us tend to miscalculate portion sizes). If you eat a balance of good, healthy foods at least six times a day. That doesn't mean that you can't count calories if that works best with your personality. So if you're going to be a calorie counter, you need to arm yourself with three tools to help make counting as manageable as possible.

**1. A food diary.** Write down everything you eat and drink as you consume it. The only way to accurately tally is to keep a running list, rather than trying to remember at the end of the day.

**2. Measuring cups and food scales.** The fact is, most of us underestimate the amount of food we actually eat (thanks, in large part, to restaurants that serve about 133 serving sizes in one dinner entrée). After a few weeks of measuring out cereal and weighing your fish, you'll be much better at eyeballing and dividing up accurate serving and portion sizes.

**3. A comprehensive listing of calories,** so you can quickly find what you need. I use My Fitness Pal.

## ***What's a 100-Calorie Portion?***

### **Proteins**

- 2 ounces or 2 slices low-fat American or Cheddar cheese
- 2 slices bacon
- 2 ounces chicken (no skin)
- 2 small eggs
- 1½ cups fat-free milk
- 1 cup 1 percent milk
- ½ ounce roasted peanuts
- 2 ounces pork
- 2 ounces salmon or tuna
- 4 ounces (about 15) shrimp

### **Fats**

- 1 tablespoon butter
- 2 teaspoons olive or corn oil
- 1 tablespoon mayo
- 1 tablespoon peanut butter

### **Carbs**

- ¾ cup All-Bran cereal
- 1 large apple
- 1 medium banana
- 2 cups (about 50) green beans
- ½ cup corn
- ¾ cup plain oatmeal
- 1 ounce pasta
- ½ medium baked potato
- 20 medium strawberries
- 8 teaspoons sugar
- 2½ slices low-calorie wheat bread

### **You're Edgy When You're Just Starting Out**

The good news is that the uncomfortable feeling you experience when you first adjust your eating routine should last only a little while; it takes only 21 days for a repeated action to become a natural habit.