



## Life Habit Week 2

*Eat small meals every 2-3 hours*

Eat no more than “2 fists” at each meal

Veggies are “free” –don’t count

### **Example of a day:**

7:00 am (Breakfast)

9:30 am (Snack)

Noon (Lunch)

3 pm (Snack)

5:30 pm (Dinner)

7:30 pm (Optional- for women)

**Estimated 1500 calories per day for female or 1800 for an active female/male wanting to lose body fat.**

### **Make it happen:**

1. Plan ahead: write out a meal plan for the week.
2. Make a grocery list and stock up on exactly what you’ll need. (Feed your family this way too!)
3. If you are going to work, pack your meals.
4. Eat within one hour of waking up so that you can fit all of your food in (plus it will enhance your results!)
5. At first, you might have to eat “by the clock” to break old habits, especially during the first half of the day.
6. Last meal optional for women- recommended for very active women only.

### **Examples 300 calorie Meals:**

1. Half Turkey Sandwich (light “insides”)
2. 2 Eggs with Yolks + 1 slice whole grain bread (no butter)
3. Light yogurt + 1 Tbsp. natural peanut butter
4. 2 Tbsp. of natural peanut butter & small apple
5. ½ Cup Brown Rice (cooked) + 4 oz. chicken
6. 3 oz. tuna fish (no oil) + 6 small whole grain crackers
7. 3 oz. ground turkey meat + ½ cup whole grain pasta
8. 25 raw almonds + piece of fruit
9. 3 oz. salmon
10. 3 oz chicken + ½ cup grapes
11. 2 hard boiled eggs + low-fat mayo + mustard + 1 piece whole grain bread
12. 1 small apple + ½ cup low-fat cottage cheese
13. 4oz. fish fillet + small baked potato