

Easy snacks:

- Apple slices
- Baby carrots
- Dried mango
- Bananas
- Biona dried chickpeas
- Pumpkin seeds
- Sunflower kernels
- Popcorn
- Pretzels
- Beef jerky/ meat sticks
- Organic fruit strips
- Jello sugar-free pudding cups
- Rice cakes
- Crunchmaster crackers
- Dark chocolate (Yes, you can have chocolate- dark chocolate is full of antioxidants. Eat in moderation!)
- Protein shakes/bars (Rely mostly on whole foods, but it's ok to supplement with these- check ingredient labels.*)

*When shopping for protein snacks, don't fall for marketing! Just because it says "high protein" doesn't mean it is. **Look for a 10:1 calorie to protein ratio** (for every 100 calories, it should have around 10 grams of protein. Not everything you eat needs to be a high-protein snack, but this guideline will help to hit your protein goals without going over calories)

Meal prep:

- Cook a few options ahead of time so you have easy choices to pull from throughout the week
- Choose a protein: chicken, turkey, steak, lean ground beef (93/7 is MUCH lower calories than the same size serving of 80/20 ground beef)
- Choose a carb: rice is an obvious one, but potatoes are also a great, satiating choice, as are sweet potatoes
- Choose a fat source: avocado, cheese, peanut butter (make sure you measure- do not eyeball serving sizes!)

Quick Tips:

- Aim for 30g of protein at each meal
- Don't forget to add any cooking oils, butters, or sauces to your calorie totals
- Season your food! G. Hughes sugar-free sauces are great options for adding flavor and variety
- Measure your food on a kitchen scale- you can't accurately calculate your calories without knowing how much you're eating
- Avoid drinking your calories

- Cut sugar where you can
- Don't overdo the artificial sweeteners, but if drinking a Diet Coke helps to keep you on track, that's fine!
- Shop the outside aisles of the grocery store- this will help you avoid processed foods
- Take a walk after you eat- not only does this add to your activity levels, but it also aids digestion and helps with blood sugar balance
- Every time you get out of the truck, stretch, walk, do jumping jacks, do bodyweight squats, do pushups against a wall- any extra movement is great!
- Fidgeting burns a lot of extra calories throughout the day
- Keep going- if you mess up, just get back on track
- Do things you actually enjoy- there is no award for getting healthier in the most miserable way possible!
- Focus on just doing better than you did yesterday. If you usually walk 3,000 steps a day, focus on getting 4,000. Once you consistently hit 4,000 a day, aim for 5,000. If you usually eat 2500 calories a day, try eating 2400
- Small habits add up over time!

These are general suggestions to help get you started. Always check with your doctor on which foods and exercises are appropriate for you!