

# MIX-N-MATCH SNACK MENU

## 2 SNACK EQUIVALENT

- ½ tuna sandwich (1 slice whole wheat bread, 2 oz. canned tuna in water drained, 1 tsp. olive oil, 1 slice tomato, 1 piece lettuce)
- ½ peanut butter sandwich (1 slice whole wheat bread, 1 Tbsp. natural peanut butter, 1 tsp. honey)
- ½ chicken sandwich (1 slice whole wheat bread, 2 oz. chicken breast, ½ oz. low fat cheese, tomato, lettuce)
- 1 nonfat flavored Greek yogurt with 2 tsp. chopped nuts or ½ cup blueberries
- ¾ cup whole grain cereal with 1 cup skim milk
- 1 cup oatmeal cooked in water, 1 Tbsp. chopped nuts, 1 tsp. honey

- 1 oz. cheese and whole wheat crackers (about 6-8 depending on brand)
- 1 cup soup (broth or tomato based soup, no cream soups)
- 2 plain brown rice cakes with 1 Tbsp. peanut butter, sprinkle of cinnamon, 1 Tbsp. raisins
- Salad (2 cups mixed raw non-starchy\* vegetables with 1 Tbsp. olive oil, 2 tsp. vinegar or lemon juice)
- 5 pieces brown rice sushi (California roll, vegetable roll, tuna or salmon with cucumber or avocado)\*\*

\*Non-starchy vegetables include broccoli, cauliflower, celery, carrots, onions, peppers, green beans, snow peas, cabbage, cucumbers, leafy greens, etc.

\*\* This does not include any "spicy," "crunchy," "crispy" or "tempura" rolls, or any rolls with sauce. Ask for the seaweed on the outside to cut down on extra calories.

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10-DAY ACCELERATED FAT LOSS PROGRAM



When it comes to snacks, you can be creative—but stick with minimally processed, low sodium foods within the snack equivalent allotted.

10-DAY ACCELERATED FAT LOSS PROGRAM

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