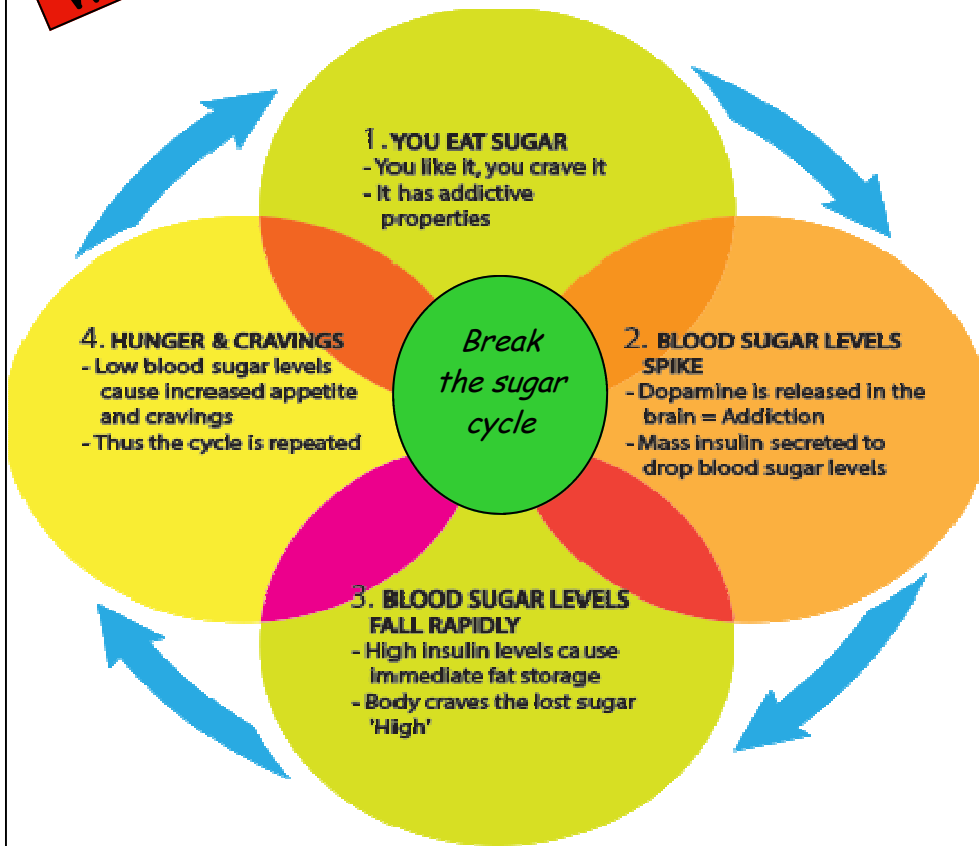


Week 4

White *OUT*



Clean Recipes

Make simple swaps when making treats for you and the family!

Keep it simple in the beginning, sweeten with honey, coconut sugar, agave, fruit and stevia.

Look for “Raw” recipes. They usually just have a few ingredients, are very healthy, energy sustaining, easy to prepare and delicious!



Weight *DOWN*

Plan Your Snacking

Sitting inside coincides with snacking out of boredom, a bad habit that almost half of adults are guilty of. Snacking itself is not the problem, the types of snacks we choose to nibble on can be.

Plan out your snacks so that you have healthy options readily available. Be sure to enjoy snacks from small, portion-sized dishes instead of from the package. According to research, this bit of advice leads to significantly less calories consumed which equals less potential for weight gain!

Snack Idea

Spread 1/2 toasted whole grain bagel with 2 tablespoons ricotta cheese. Top with 1/3 cup sliced strawberries. Drizzle with 1 teaspoon honey or agave nectar.

Kind Bars and **Lara Bars** are also quick, healthy snacks to keep at your desk. They're delicious and nutritious!

