

Week 8

White *OUT*

Follow these general eating tips:

- Try not to skip meals
- *Eat regularly and space out your carbohydrates evenly throughout the day. This can help you to maintain better blood glucose control.*
- Balance your meals: include a good source of carbohydrate, lean protein and/or a healthy fat in each meal.
- Include daily: 1½ cups of veggies, 2 to 3 servings of fruit, 1 to 3 cups of low fat milk or yogurt.



Weight *DOWN*

Protein can help you shed unwanted pounds and keep your belly feeling full! But, it's important to eat the right amount and right kind of protein to get its full health benefits.

Based on 2,000 calories per day:
2,000 calories x .20 = 400 calories
400 calories / 4 (weight of protein) =
100 grams of protein per day

Good Sources of Protein

- Fish
- Skinless chicken breast
 - Lean cut of meat
 - Salmon
 - Eggs
 - Nuts / chia seeds
- Quinoa/ brown rice
 - Greek yogurt



Muesli:

A mix of whole oats, nuts, wheat and fruit, paired with Greek yogurt is a protein loaded breakfast!