

## Nutrition Tips For Your 30 Day Fitness Program

Your two shakes (or one shake/one protein bar) meal will provide only about 400 calories. You need 600 to 800 more calories through the day. You should never be hungry. Hunger will make you grumpy and tired, and less productive in your work – and we can't have that! Don't worry about between-meal snacks; do all you want, just stay under the addition of 600 to 800 calories while also avoiding wheat, refined sugar, dairy, and bad oil. Remember, only protein kills your hunger, so a low fat protein snack is best. Here are some suggestions to make your eating more fun:

On your salad at dinner, add a sliced boiled egg and ½ cup black beans. Throw on a few almonds and slice a half cup of strawberries on top. I like adding a ½ avocado because it feels more like creamy dressing without the bad fat. If you get hungrier in the morning, snack extra then; if at night, then save 150 calories for a bedtime snack. Go to Google and type in how many calories for \_\_\_\_\_, and it will tell you. After about a week, you will know what the calories are and won't have to do much looking up. Here are some foods I regularly eat, with their calorie values:

4 oz. chicken breast:	140 cal.	½ cup black beans	115 cal.
4 oz. tilapia	100 cal.	½ cup pinto beans	118 cal.
1 cup broccoli	54 cal.	½ cup white beans	150 cal.
1 cup green beans	34 cal.	1 granny smith apple	80 cal.
1 cup cauliflower	14 cal.	1 cup strawberries	48 cal.
1 cup asparagus	40 cal.	1 cup blueberries	83 cal.
1 cup sugar snap peas	70 cal.	1 cup raspberries	64 cal.
1 cup raw tomato	27 cal.	For making soup and casseroles:	
1 cup raw spinach	7 cal.	1 cup Pace salsa	80 cal.
1 cup romaine lettuce	8 cal.	1 cup cabbage	40 cal.
Hard boiled egg	78 cal.	1 cup carrots	52 cal.
1 cup zucchini	29 cal.	1 cup unsweet almond milk	40 cal.
½ onion	35 cal.	1 cup coconut milk	550 cal.
½ cup red pepper	20 cal.	1 tsp. coconut oil	40 cal.
1 cup sweet potato	114 cal.		

For added flavor, sprinkle foods with stevia, cinnamon, nutmeg, pumpkin pie spice. Add cumin and coriander to soups.