

Grab N'Go Slimband® Meal Plan

Whether you are in a hurry or grabbing food on the go, remember to have 3 meals and 2 to 3 snacks that are protein centred daily. Keep an eye on portion sizes so you can stay on track no matter where you are or how much time you have!



Breakfast

1 hard boiled egg with 1 slice rye toast and ½ cup blackberries

Smoothie: 1 scoop protein powder with ½ cup milk or yogurt and ¼ cup frozen or fresh fruit. Blend.

1 package instant oatmeal with 2 tablespoons mixed nuts. Top with ½ cup chopped apple and cinnamon

½ toasted English muffin with 1 tablespoon nut butter and ½ cup sliced banana

⅓ cup low fat granola with ½ cup low fat yogurt and ½ cup sliced strawberries

½ cup cream of wheat with 1 scoop protein powder, topped with ½ cup sliced, canned peaches or blueberries

Brown rice cake topped with 1 tablespoon almond butter and ½ sliced banana * Gluten free

TIP!

Start your day right – breakfast is the most important meal of the day! Studies have shown that people who skip breakfast are generally heavier than people who eat a nutritious breakfast.



Lunch or Dinner

PACK N'GO OPTIONS

Small can of tuna mixed with low-fat mayonnaise or low fat salad dressing, 1 pickle, salad and small tortilla wrap

1 scoop of egg or salmon salad on 1 slice toast and ½ cup garden salad

EATING OUT OPTIONS

Greek chicken ka-bob, Greek salad and ½ cup of the potato or rice with 1 tablespoon of olive oil based dressing or tzatziki

Chicken wrap – eat half and save the other for a snack 3 hours later!

Garden fresh salad with grilled chicken and balsamic vinaigrette

Chicken fajita with apple slices

Turkey breast sandwich on small bun, toasted, slices of fresh fruit

Salmon fillet with mashed potato and sautéed greens

TIP!

Prepare 1 dozen hardboiled eggs and store them in the refrigerator for a quick, clean source of protein!



Snacks On the Run!

10 almonds and 10 grapes

1 slice 100% whole wheat toast and 1 tablespoon natural nut butter

¼ cup cottage cheese with ¼ cup fresh berries

2 hard boiled egg whites and ½ cup old fashioned oats

½ cup apple slices with natural peanut butter

1 piece natural turkey jerky with ½ cup fruit

Protein shake

1-2 ounces sliced turkey or tuna and whole wheat crackers

1 tablespoon nut butter spread over ½ banana

TIP!

Prepare snack size, resealable baggies that contain 10-20 almonds or 2 tablespoons of seeds and leave them in a basket in the kitchen. Grab 1 or 2 before you leave so you will always have a snack that keeps you on track.