

Nutrition



THE HEALTHIER CHOICE

Creating Change, one meal at a time!

Instructions:

- Heat eggs for 1 min.
- Heat fiesta turkey for 1 min. add chips.
- Heat chicken for 1 min. 30 sec.

Meals		Calories (g)	Protein (g)	Carbs. (g)	Fat (g)	Sodium (mg)	Fiber (g)
Eggs w/ Canadian bacon	Breakfast	156	22.5	1	6.5	465	0
Mixed fruit		43	0	10	0	15	1
Smart Pop	Snack	110	3	24	2	220	4
Fiesta turkey tostadas	Lunch	428	36	31.5	17	702.5	7
Banana		105	1	27	0	1	1
Sugar snap peas		40	2	7	0	10	2
Dulce de leche cottage cheese	Snack	120	13	10	3	510	0
Chicken w/ asparagus & pistachios	Dinner	408	14	32	11	639	5
Tomato basil corn		60	2	11	1	10	3
Pear		51	1	13	0	0	4
Totals:		1521	86	230.5	37	2467.5	41

SOULFUL ENCOURAGEMENT

Get it started

If you wait until the fear is gone, the opportunity will have already passed. If you wait until you're sure you'll get it perfect, you'll never get it started. The time to act is when you have the intention. The time to act is as soon as you feel the urge to make a difference. If you hesitate, you'll begin to talk yourself out of it. When you give in to doubt, doubt will seize the momentum.

Let the fear inform you and prepare you, but do not assume that it must stop you. Realize that whatever you doubt you can do is precisely what you must find a way to do. Choose to transform each excuse for holding back into permission to step forward. Remind yourself that you can handle the uncertainty and the challenges, and can in fact thrive on them. As soon as you decide to get it done, go ahead right then and get it started. Make the commitment, and you'll create the achievement.

— Ralph Marston

DID YOU KNOW:

Cottage cheese isn't only a high protein snack, but a low carb snack. So when eaten at night it gives your body the protein it needs to build muscle. With only one carb you know that you'll never wake up with it adding to your waist line.