

FOOD/MEAL LISTS

BY MEAL CATEGORY AND

CALORIE ZONE

Fat Loss 4 Busy Women



A few words from my legal team... :-)

Medical Disclaimer

Any use of the recommendations set forth in this document or the website it came from is at the reader's discretion and sole risk. The information offered is intended for people in good health. Anyone with medical problems of any nature should see a doctor before adjusting your food/meal intake or starting even the mildest exercise program. Even if you have no known health problems, it is advisable to consult with your doctor/s before making positive adjustments in your lifestyle.

Personal Disclaimer

We are not doctors, nor do we possess a degree in nutrition. The advice we give is based on years of practical application, dealing with the needs of our own health and physiques as well as the needs of others. Any recommendations we may make to you regarding diet, including, supplements and herbal or nutritional treatments must be discussed between you and your doctor/s.

Who is Joey Atlas

Not to impress you - but to make sure you know I'm qualified to talk about fat-loss - I've been in the fitness/weight-loss industry since 1985. I've worked with clients ranging in age from 11 years old to 96 years old (yes, 96!). I'm a published author with a book on Amazon.com. I also served as a consultant to Pepsi-Cola's Corporate Fitness Program at Pepsi's headquarters in Somers, New York.

You also might have run across my information or might have seen me quoted in any of these publications:

Joey Atlas



amazon.com.

WebMD®

COSTCO®
WHOLESALE



WESTCHESTER

EmpowHER Improving Health. Changing Lives.

The Florida Times-Union

JACKSONVILLE
Business Journal

Food/Meal Lists by Meal Category and Calorie Zone

- Plug these choices into your daily Food Spindle preference to fit your lifestyle and schedule.
- Feel free to make adjustments to these choices, as needed, to fit your specific needs, if any.
- Check with your primary doctor if you are unsure about including any of the listed suggestions in your meals.
- Stay tuned for more choices to be added to this soon.

Included in this document:

1. Bombshell Breakfast Suggestions
2. Slim-Body Lunch Suggestions
3. Delicious Dinner Suggestions
4. Divine Day-Time Snack Suggestions
5. Bed-Time Beauty-Babe Snack Suggestions

Food/Meal Lists by Meal Category and Calorie Zone

Bombshell Breakfast Suggestions:

1 - Perfect Breakfast Sandwich = 240 calories

One slice multi-grain bread

Great examples:

<http://Arnold.bimbobakeriesusa.com/product.cfm/upc/7341000026>

1/2 Tablespoon Natural Peanut Butter

See: <http://www.Smuckers.com/products/category.aspx?groupId=2&categoryId=11>

1/2 Tablespoon Butter or Equivalent (i.e. - Olivio, Smart Balance, etc ...)

<http://www.SmartBalance.com/ButterOrganic.aspx>

1 Teaspoon Ground Flax Seeds

<http://www.BobsRedMill.com/org.-brown-flaxseed-meal.html?&cat=107&page=>

1 Teaspoon Cinnamon Powder

2 - Satisfying Cereal = 200 calories

1 Serving (3/4 Cup) Kashi - Heart to Heart, Honey Toasted O's or similar

(i.e. - Cheerios Multi-Grain, Cascadian Farms Honey Nut O's, etc ...)

See: <http://www.kashi.com/products/category/Cold%20Cereal>

See: <http://www.cascadianfarm.com/>

4oz Skim Milk

1 Tablespoon Ground Flax Seeds
1 Teaspoon Cinnamon Powder

3 - The Lucky Egg = 170 calories

1 Large/Extra Large Hard-Boiled Egg (always cook 6-12 at a time & keep them in the refrigerator)

Add Sea-Salt and Pepper if you wish

Any fruit of your choice (small banana, apple, orange, peach, etc ...)

-OR- instead of a fruit, you can substitute a pro/pre-biotic yogurt cup or pudding (i.e. Activia yogurt - or - Simply Well Dark Chocolate Pudding from Kozy Shack, etc ... See:

<http://www.KozyShack.com/puddings-simplywell-dark-chocolate>)

4 - Body-Toning Bran Cup = 195 calories

1/3 Cup Oat Bran (Uncooked) Add boiling water for desired consistency. Stir and let sit for 10 minutes.

See: http://www.ArrowheadMills.com/products/product.php?prod_id=226&cat_id=

Add:

1 Teaspoon Cinnamon Powder

1/4 teaspoon Stevia Powder Extract (optional)

1 Tablespoon Ground Flax Seeds

1 Tablespoon Raisins (optional)

2 drops Vanilla Extract (optional)

5 - Cold Oat Quickie = 220 calories

(This is a great 'Pre-Make Recipe'. You make 4 servings. Divide them into containers and keep in refrigerator for rest of week. Use when desired. Makes life easy!!)

The following is for one serving. So, multiply by 4 if you want the 'Pre-Make Recipe' strategy.

1/4 Cup Steel Cut Oats Cooked in Water on Stove (follow directions

on package. It's EASY!!!)

See: http://www.ArrowheadMills.com/products/product.php?prod_id=227&cat_id=57

1 Teaspoon Cinnamon Powder and/or Nutmeg
1/4 teaspoon Stevia Powder Extract (optional)
1 Tablespoon Ground Flax Seeds
1 Tablespoon Raisins -OR- Dried Apple pieces (optional)
2 drops Vanilla -OR- Almond Extract (optional)

Slim-Body Lunch Suggestions:

1 - Sneaky Chick Pea Salad = 310 calories

1/2 can chick peas (garbanzo beans) Crush them with a fork - add the rest of these ingredients. Stir & Eat.

6 - 10 baby carrots

1 Tablespoon raisins

Any type of vinegar - as much as you want (I love balsamic).

1 Tablespoon olive oil

Sea salt and black pepper

Onion powder (optional)

Garlic powder (optional)

2 - Heavenly Egg Roll = 310 calories

1 small/medium, whole-grain - or - multi-grain soft tortilla wrap

See: <http://www.MissionMenus.com/Pantry.aspx>

1 large egg - scrambled or omelet style

Place cooked egg on wrap. Season with chili-powder, and black pepper. Roll it up and eat. Feel free to dip in your choice of salsa. (One of my favorites: <http://www.GreenMountainGringo.com>)

3 - Easy Cheesy Peasy = 265 calories

8oz Green Peas (canned or frozen)

(canned peas don't even need to be cooked - they are already cooked. If using frozen - you can steam on stove-top - or do a quick saute in a pan with a touch of butter to coat the pan)

1 Tablespoon grated parmesan cheese - or - shredded cheddar cheese

1 Teaspoon olive oil

Sea salt and black pepper

Onion powder (optional)

Garlic powder (optional)

Place all the above in a bowl - mix it up - and EAT!

4 - This Lunch Is Nuts = 230 calories

1/4 cup of nuts of your choice (Peanuts, Almonds, Pecans, Walnuts, Hazelnuts, etc ...)

6 - 10 baby carrots

Small apple - or - orange

5 - Organic Lentil Soup from Health Valley. 1 whole can (15oz) = 200 calories

(Just open can and eat - no need to heat. Great to keep at office.) Go with the 'Low-Sodium' or 'No Salt Added' versions.

Add a fruit of your choice to your lunch - if you wish to.

See following links for Health Valley Soup Info:

<http://www.healthvalley.com/products/soupschilis.php>

http://www.healthvalley.com/products/details.php?prod_id=132

Delicious Dinner Suggestions:

1 - The Pizza Party = 420 calories

Brick Oven, 5-Italian Cheese Pizza from Freschetta (See box for serving size info)

See: <http://www.freschetta.com/thick-crust-pizzas/brick-oven-pizza/default.aspx>

(Comes in family size - and single serving size)

So-Good Salad (serves 2 to 4 people):

1 head of Romaine Lettuce, chopped well (or use pre-washed pre-cut, bagged Romaine lettuce)

1 small or 1/2 medium apple of your choice - chopped into small pieces

1 medium or large tomato of your choice (optional)

1/2 cucumber (optional)

Add:

2 Tablespoons olive oil

vinegar of your choice (I love balsamic) - as much as you want.

Sea salt and black pepper

Garlic powder

Onion powder

1 Tablespoon ground flax seeds

2 - Pretty Pasta Primavera: 290 calories [410 calories with 6 oz wine - see below]

One serving Barilla Plus Pasta. Cook as per directions on box - drain and then set aside.

One 16oz bag mixed veggies of your choice. Saute in heated pan that has been coated with 1 tablespoon olive oil and one pat of butter. Saute until veggies start to brown - then remove veggies from pan.

Add pasta to hot pan - Sprinkle with onion powder, garlic powder, black pepper and sea salt. Cook for about 3 - 4 minutes - Keep stirring so the pasta doesn't burn.

Add veggies back into pan with pasta. Stir it up and turn off the flame/heat. Divide into 2 servings and share the other or save it for tomorrow's lunch.

Sprinkle 1 tablespoon of grated cheese (parmesan, romano, etc...) Now EAT!

Hey - I'm in the mood for more wine tonight. How about you? Then let's do it! Pour me 6 oz - and 6 oz for you - And let's remember to make note of the 120 calories in addition to the 290 for our Pretty Pasta dinner.

3 - Tight-Body Tortilla = 250 calories (per serving)

[330 calories if adding serving of 'So-Good Salad']

Warm up a large pan on low flame. Spray with olive-oil cooking spray or lightly coat with butter.

Place Sun-dried Tomato Basil 10" Wrap (from Mission Wraps - or wrap of your choice) flat on pan.

Sprinkle 4 Tablespoons of shredded cheddar cheese evenly over wrap - Let it start to melt.

Add 4oz chopped chicken - or - turkey - or - crushed chick peas to one side (1/2) of the wrap.

Season with chili powder, onion powder, garlic powder, black pepper.

Fold the cheese only side over - to cover the chicken and cheese side of the wrap.

Press down gently with spatula occasionally while the wrap cooks to a golden brown on bottom.

Then flip to brown the other side.

Remove from pan onto large plate and cut into 4 pieces. Serves 2 people. So you can share it - or save 1/2 for the next day's lunch or dinner.

Feel free to dip into salsa of your choice.

Feel free to add a serving of 'So-Good Salad' - and count about 80 calories with that.

4 - Simple Slimming Salmon Supper = 300 calories

(includes serving of 'So-Good Salad' or 6oz steamed mixed veggies with olive-oil, sea salt and black pepper)

1 Serving (4oz) Quick and Easy, Sun-Dried Tomato Wild Salmon from Sea-Pak

See: http://www.SeaPak.com/products/seafood/sun-dried_tomato_wild_salmon/28/47

NOTE: This company makes a bunch of great products that are healthy and make our lives much easier.

See main site for full product selection and where to buy:
<http://www.SeaPak.com>

What? Did you say you want a glass of wine with your dinner? Me too!! So, lets have it! You can have 6oz, red or white - and let's just make sure we count the 120 calories on top of the 300 for the dinner/food itself. No problem.

5 - The Quick Chicken Cheater = 285 calories

Heat a medium pan on medium/low flame. Add 1 tablespoon of olive oil to pan - or use cooking spray before heating.

While pan is warming up - cut a package of chicken breast (One pound is good for a few people) into strips or pieces.

Place chicken pieces into heated pan and kick up the heat a bit. Stir chicken to cook evenly.

When all chicken is white or starting to brown - add your favorite barbecue sauce - BUT NOT TOO MUCH. Use just enough to lightly coat the chicken. Now stir and then add your own garlic powder, onion powder and black pepper.

Cook for another minute or two - and then remove from pan.

Place 4oz of the chicken (about a handful) on a plate of chopped lettuce and tomato and eat with your favorite tortilla chips (Tostito's, etc... there are tons of them out there)

What was that? Did you say you want a glass of wine with your dinner, AGAIN? So do I! So, let's have it! Remember, you can have 6oz, red or white - and let's just make sure we count the 120 calories on top of the 285 for the dinner/food itself. No problem with that!

Divine Day-Time Snacks Suggestions:

NOTE: you may add any fruit of your choice to each of these snacks listed:

Each of these snacks, with a fruit, will be in the 200 calorie zone.

1 - Kashi Dark Mocha Almond Bar - See:

<http://www.kashi.com/products/category/Snack%20Bars>

2 - Kashi Blackberry Graham Cereal Bar - See:

<http://www.kashi.com/products/category/Snack%20Bars>

3 - Four Hershey Nuggets or equivalent type chocolate (milk or dark)

4 - Clif KID - Z Bar (Chocolate Brownie is AWESOME) See:

http://www.clifbar.com/food/products_clif_kid_zbar

(Yes - these are "made for kids" - but they are also PERFECT for adults like me and you! ;-) - and you can also eat 10-12 almonds with your Clif Bar

5 - One cheese stick of your choice (Cheddar, Mozzarella, etc...) AND Ten Saltine Crackers (TIP: cut your cheese stick into 10 pieces and place each one on a cracker - AND if it's the weekend - feel free to have 4oz of your favorite wine with this. Do you love me or what?!!)

Bed-Time Beauty-Babe Snack Suggestions:

1 - Four Dove Silky Smooth Dark Chocolate Squares (they are called PROMISES) (I'm naughty, ain't I ?)

And four dried figs or dried plums.

See: http://www.dovechocolate.com/products_chocolate_p2.html

See: <http://www.valleyfig.com/>

See: <http://tinyurl.com/MarianiDriedPlums> - AND -
<http://www.marianifruit.com>

2 - One cup ice cream of your choice (such as Breyer's All Natural, any flavor) plus 1/2 cup of crunchy cereal of your choice - over the ice-cream. I told you this is not a "diet" ;-))

3 - One tablespoon Dark Chocolate Natural Peanut Butter and One serving Multi Grain Pretzel Sticks

See: <http://tinyurl.com/DarkChocPB>

See: <http://www.herrs.com/Products/Pretzels/WholeGrainSticks.html>

See: <http://www.snydersofhanover.com/Products/Cid/6/Prid/285/>

4 - One ounce (about 1/4 cup) of cashews (or mixed nuts) - roasted & salted is ok - With 3 - 4 dried figs -Or- dried prunes -Or- a handful of raisins

5 - Six Saltine crackers - each with a little natural nut butter (cashew, almond, peanut, etc..) and your choice of jelly. Also - have a serving of fruit - any fruit you wish, such as: apple, melon, orange, grapefruit, pear, mango, peach, plum, nectarine, etc...