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AABS LIFESTYLE, NUTRITION AND FITNESS

INSPIRING MEAL SOLUTIONS FOR HEALTHY LIVES!

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EASY MEALS AND SNACKS UNDER 300 CALORIES

Lifestyle, Nutrition Coach and Author Toni Julian shares her healthy meals and snack ideas to give you the tools you need to make healthy foods, your new convenience foods! For more ideas order your own copy of *BITE ME! Change Your Life One Bite at a Time* book and Toni's high-protein, healthy meal solutions at www.ToniJulian.com!



BREAKFASTS:

- ✓ Toni's OatMEAL™ --½ cup dry with ½ chopped apple
- ✓ 1 cup nonfat cottage cheese with ½ cup fresh pineapple and raspberries
- ✓ 1 cup Greek or nonfat plain yogurt with 1 tbsp PB2 and 1 whole banana
- ✓ 3 Egg whites scrambled with fresh spinach and tomatoes topped with salsa

ANYTIME SNACKS: (MORNING OR AFTERNOON)

- ✓ 2 BITE ME! Muffins (try Banana-Walnut or Berry Almond!)
- ✓ 1 Low fat Mozzarella cheese stick with 1 apple and 6 almonds
- ✓ Toni's Healthy Hummus with celery sticks, red bell pepper and celery
- ✓ 1 Serving smoked salmon with four Ak-Mak whole grain crackers and 1 tbsp. BITE ME! Healthy Hummus
- ✓ 1/2 cup of cottage cheese with 1/2 cup sliced fresh strawberries and 1 tbsp. of almond butter. Substitute the strawberries for other berries or fruit and vary the nut butter.
- ✓ 2 oz. of smoked salmon, 1/2 of a medium avocado and 1 tbsp. low-fat cream cheese

LUNCH

- ✓ 1 cup mixed fruit salad (apples, pineapple, bananas, blueberries and strawberries) with 1 cup nonfat cottage cheese
- ✓ Shrimp over romaine lettuce with sliced tomatoes, 5 black olives and 2 T avocado
- ✓ Chopped cucumber salad (cucumbers, apples and 1 T walnuts) with lemon juice
- ✓ Frittata: 2 egg whites plus one whole egg, ¼ cooked quinoa, 1 cup broccoli and 1 oz fat free shredded cheese (use dash of nonfat milk for consistency)

DINNER

- ✓ 4 oz Tilapia Fish Tacos: 2 corn tortillas and shredded cabbage mixed with ¼ cup Greek yogurt and garlic powder. Add chopped tomato and squirt of lime.
- ✓ BITE ME! Turkey Bean soup over 1 cup Brown Rice (substitute 2/3s lentils for beans)
- ✓ 4 oz Broiled or grilled chicken, 1 cup steamed spinach and ½ yam
- ✓ 4 oz Pork Tenderloin, 1 cup Quinoa and baked pears
- ✓ 1 can Tuna packed in water, over mixed baby greens, ½ tomato, 5 black olives and blanched green beans
- ✓ 4 oz Grilled Tilapia or Orange Roughy, ½ cup cooked polenta or quinoa with sautéed red, orange and yellow bell peppers and mushrooms
- ✓ 4 oz Pork Tenderloin, 2 small new potatoes with green beans
- ✓ 4 oz Tilapia Fish Tacos: 2 corn tortillas and shredded cabbage mixed with ¼ cup Greek yogurt and garlic powder. Add chopped tomato and squirt of lime.

Visit www.ToniJulian.com to order *BITE ME! Change Your Life One Bite at a Time* and for Toni's OatMEAL, my high protein meal solution!