

Lunch Choices

This is pretty simple. Stick with 400-600 calories, and choose one from each of the 4 categories:

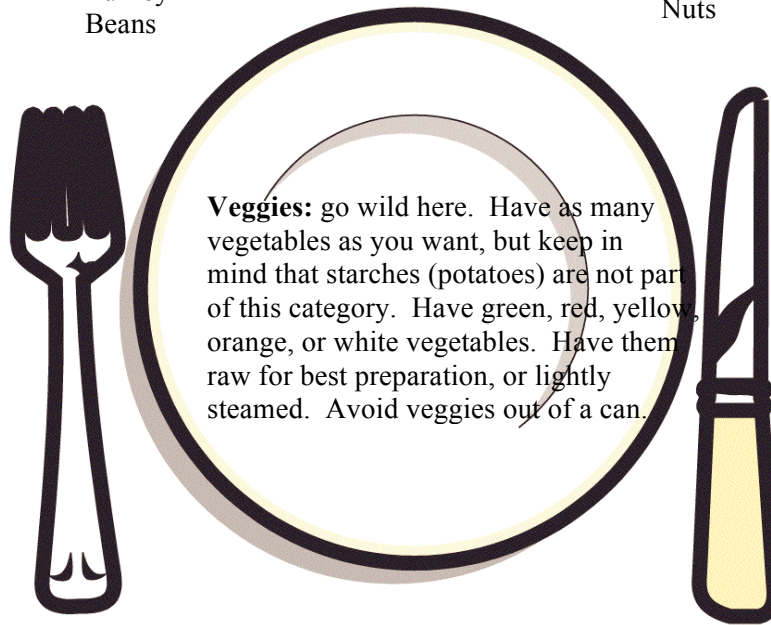
1. Lean Protein
2. Vegetables
3. Fat
4. Carbohydrates

Lean Protein: the size of your fist

Chicken Turkey
Tofu Beans
Fish

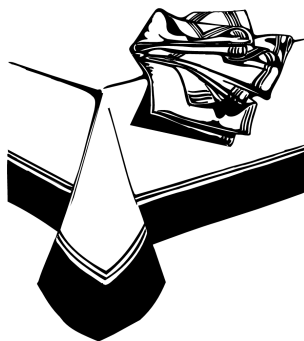
Fat: 1-2tbsp

Olive oil
Flaxseed Oil
Grapeseed Oil
Nuts



Veggies: go wild here. Have as many vegetables as you want, but keep in mind that starches (potatoes) are not part of this category. Have green, red, yellow, orange, or white vegetables. Have them raw for best preparation, or lightly steamed. Avoid veggies out of a can.

Carbohydrates: choose potatoes or rice, and limit the amount that you have. A small potato, sweet potato, yam, or 1/2–1 cup of brown rice or whole grain pasta, or two slices of organic whole grain bread is an acceptable serving. Avoid refined wheat, and chose whole grain or sprouted grains.



If you are at a restaurant, you can still enjoy your lunch there. Many people that I have coached have jobs that entailed travel and/or dining out often. Just stick within the categories listed above, and make sure you stay away from red meats, fried foods, all dairy, and creamy sauces or dressings. And decrease the amount of days that you go out to eat.