

Here's a Quick Cheat Sheet You Can Use:

As you plan ahead, use this handy table as your guide. I basically use this as scratch paper as I scan the weekly ad for deals.

For breakfast, choose:

- A healthy protein:
- A healthy fat:
- A small carb serving:

For lunch, reach for:

- A healthy protein:
- A small carb serving:
- 2-3 c of veggies (small salad):

For your afternoon snack:

- A healthy protein:
- A small carb serving:
- Or, replace the carb serving with a healthy fat instead:

For dinner:

- A healthy protein:
- A non-starchy veggie serving (1-2 cups):
- A salad mixed with 2-3 veggies at a minimum: