

Strawberry Banana Smoothie

Makes 2 servings
200 calories per serving

Lean, delicious protein smoothie

Ingredients

- 1 scoop whey protein powder
- 1 cup strawberries
- 1 banana
- 1 cup milk

Directions

Put all ingredients in a blender and add about 1 cup ice cubes. Blend until liquified.

Peanut Butter Toast and Tea

Makes 1 serving
200 calories

Quick, easy and satisfying

Ingredients

- 2 slices whole wheat or whole grain bread
- 1 tbsp peanut butter
- 1/4 cup lowfat 1% milk or organic soy milk
- 1 bag herbal decaffeinated tea

Directions

Put peanut butter on toast and milk in tea. (the milk is optional)

Banana Raspberry Smoothie Recipe

Makes 1 serving
225 calories

delicious smoothie with added Omega-3s

Ingredients

1/2 cup soy milk
1 cup raspberries
1 tbsp flax seed
1 cup water
1 cup ice cubes
1 banana

Directions

puree all in blender

Berry Protein Shake Recipe

Makes 3 servings
255 calories per serving

Makes 32 oz, serving size 12 oz.

Ingredients

2 scoops whey protein powder
2 cup skim/nonfat milk
2 cups raspberries
1 cup strawberry low-fat yogurt

Directions

Puree & blend!

Tuna Salad Recipe

Makes 4 servings
160 calories per serving

Ingredients

- 6 oz tuna in water
- 2 hard boiled eggs chopped up
- 2 Tbsp non-fat yogurt
- 1 Tbsp sweet pickle relish
- 1/2 small red onion diced fine
- 1 celery stalk diced fine

Directions

combine all ingredients

serve with whole wheat or whole grain crackers

Banana Milkshake

Makes 1 serving
130 calories

Healthy low fat, low cal alternative to fastfood shakes. Tastes ten times better!

Ingredients

- 1/2 banana, sliced
- 6 oz skim milk
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1/3 cup ice, crushed

Directions

1. Chop half a banana into slices, place in plastic baggy and freeze overnight. (Do the same with the other half and save for future shake. Trust me, there will be a future shake.)
2. Place half banana (now chopped and frozen) into blender. Add 1/3 cup ice, 6 ounces of skim milk and 1 teaspoon of vanilla extract. Blend until smooth.
3. Pour mix into tall glass. Sprinkle about 1 teaspoon of ground cinnamon on shake.
4. Drink it. You are gonna love this.

Cheese, Fruit & Almonds

Makes 1 serving
150 calories

Ingredients

3/4 cup 2% cottage cheese
1 cup cantaloupe cubed or grapefruit
1 tsp slivered almonds

Directions

Mix all ingredients together in bowl

Peanut Butter, Banana, and Soy Smoothie Recipe

Makes 1 serving
250 calories per serving

Peanut Butter Creamy, Banana, Silk Soymilk(Vanilla) Smoothie

Ingredients

1/2 cup. Silk Soymilk vanilla
1 banana
1 tbsp. peanut butter
4 crushed ice cubes

Directions

Mix all ingredients plus crushed ice cubes in blender. Blend until smooth.

Turkey or Beef roll

Makes 1 serving
170 calories

Ingredients

1 3 oz. slice of turkey deli meat or lean roast beef
1 2 oz. low fat cheese

Directions

lay them together flat and roll

Yogurt Snack

Makes 1 serving
190 calories

Ingredients

- 1 non fat yogurt 120 calories
- 7 walnut halves

Directions

Mix all ingredients together

Grilled Chicken Snack

Makes 1 serving
190 calories

Ingredients

- 3 oz. grilled chicken breast
- 2 tbsp lite dressing for dipping

Directions

Serve together

Sliced Fruit

Makes 1 serving
130 calories

Ingredients

- 1 sliced apple
- 2 tbsp hummus, 1 tbsp peanut butter or 1 slice low fat cheese (choose one)

Directions

serve together

Nuts Trail Mix

Makes 1 serving
170 calories

Ingredients

15 raw almonds
1/2 cup dried cranberries

Directions

Serve together