

PART TWO

YOUR JOURNEY TO OPTIMAL HEALTH

If you haven't reached your optimal weight yet, be sure to check the glycemic index of any snack before you choose it. It's important to eat only lower-glycemic snacks during weight loss—that is, foods that fall in the green zone (preferably dark green), with a glycemic index of less than 30.

Sample Fueling Breaks

- PCMR. These make excellent fueling breaks and assure that you're getting a 100-calorie, low-glycemic, nutrient-dense healthy food source.
- Cheese and tomato. One portion (size of two AA batteries) of natural cheese such as cheddar or Monterey Jack with one sliced tomato.
- Endive and tuna salad. One endive leaf with one tablespoon tuna salad, prepared with hummus in place of mayonnaise. Mediterranean Delights makes delicious, organic, low-fat hummus in flavors like tomato basil, and low-glycemic endive makes a handy container for the tuna salad.
- 3 oz mixed nuts (a small handful)
- 10 almonds and celery stick
- 29 pistachios
- 12 cashews
- 20 peanuts
- 2 tbsp sesame seeds
- 4 Brazil nuts. Great for getting your selenium!
- ½ sliced apple with 3 walnuts
- ½ apple with 2 tsp natural peanut butter. Make sure it's all-natural peanut butter: just peanuts and salt.
- ½ cup fresh strawberries with 2 tbsp light whipped topping
- 1 cup fresh cherries
- 1 medium apple
- ½ cup blueberries (high glycemic) or strawberries (lower glycemic) with a dollop of yogurt
- 1 orange
- 1 pear
- ½ peach with 2 tbsp yogurt
- 2 cups raspberries
- 30 raisins
- Fresh veggie mix. 1 cup broccoli, red pepper, cauliflower with 1 tbsp low-fat ranch dressing.
- 6 pieces basil, sliced tomato, and hummus. My wife Lori's creation: put a dab of hummus and tomato on top of a basil leaf—delightful!
- Herbal lentils and one tomato
- Celery sticks with 1 tbsp natural peanut butter
- 1 cup fresh spinach salad with olives
- ¼ cup egg salad with lettuce or endive
- Half small avocado
- Cauliflower (size of paperback)
- 1 cup tomato and cucumber soup
- ¼ cup guacamole. Combine avocado, tomato, lime juice, and hot pepper to taste.
- Basil, tomato, and hummus (1 tomato)
- Grilled portobello mushroom sprinkled with cheese
- 5 cherry tomatoes with one portion cheddar cheese (size of two AA batteries)

- ½ cup endive and cottage cheese spread. In a food processor or blender, mix cottage cheese, red pepper, fresh parsley, chives, and chopped jalapeno. Spread on endive.
- Eggplant pizza slice. Sprinkle a slice of eggplant with oregano and roast. Melt cheese on top.
- 1 cup vegetarian chili
- ½ cup edamame (soybeans)
- Half red bell pepper dipped in 3 tbsp hummus
- ½ cup cucumber slices
- 1 large dill pickle
- 1 carrabolla (starfruit)
- 2 cups baby carrots
- 3 celery sticks with 1 tsp natural peanut butter
- ¼ cup hummus and avocado dip with 3 celery stalks
- 1 cup mashed lentils and tomatoes
- Vegetables and dip. Choose either ½ cup cucumber slices, 6 celery sticks, 6 slices red pepper, or ½ cup raw broccoli florets and dip into 2 oz fat-free, sugar-free ranch dressing.
- 1 cup bean and chickpea salad. Toss diced celery, green pepper, cooked red beans, cooked chickpeas, and fresh parsley together with low-calorie balsamic vinaigrette.
- ⅓ cup low-fat cottage cheese with 4 olives
- Yogurt with ¼ cup berries. Yoplait Light plain yogurt is a great choice.
- ½ cup cottage cheese and ½ medium tomato
- 1 Yoplait Light Smoothie
- ½ cup low-fat cottage cheese with 5 strawberries
- 1 serving of string cheese
- 3 oz frozen nonfat yogurt
- 1 square 70% or higher dark chocolate with 5 almonds
- 1 whole deviled egg. Cut a hard-boiled egg in half, mix the yolk with hummus, and fill the egg.
- 1 cup of soup (cream of tomato, cream of chicken, chicken noodle, or vegetable)
- 1 slice Wasa crispbread with 1 oz smoked salmon
- 1 slice whole grain bread (such as Fiber for Life) with 2 oz fat-free turkey breast
- ½ cup couscous with celery sticks
- 4 slices Melba toast
- 1 slice Wasa crispbread and ½ sliced tomato

Once you've reached a healthy weight, you can add these to the list as well:

- 1 cup fresh mango
- 1 cup cantaloupe
- 1 medium banana
- 28 grapes

This list should help you get started on ideas for your own small meals. Remember, each one should be low glycemic and no higher than 100 calories.



If you're short on time or just don't feel like preparing these 100-calorie meals, remember that PCMRs are an easy and great option for fueling breaks!