

THE SNACKING SURVIVAL GUIDE

Hankering for a little something to eat at work or on the go? Before reaching for a sweet or salty snack, consider the smarter options in this guide to healthier munching.



 **Eat This**
NUTS

Not That!
BAGELS



55 TASTY HUNGER-BUSTING SNACKS!

SURPRISING 'HEALTH' FOODS THAT ACT LIKE SUGAR

IS EATING ON THE JOB MAKING YOU SICK?

BEWARE OF THE 100-CALORIE SNACK PACK

8 DELICIOUS RECIPES FOR GUILT-FREE SNACKING



ARE YOU SNACKING YOURSELF SICK?

Americans, arguably, are the world's greatest snackers, but there's a huge gap between our tastebuds and knowledge of what's a healthy snack.

A new national survey of 1,000 adults commissioned by Atkins Nutritionals, Inc., suggests that the majority of Americans don't realize that eating so-called "healthy" snacks—such as low-fat fruit yogurt, whole-wheat bagels, and fruit-flavored oatmeal—can contribute to risk of type 2 diabetes. The survey found that only 17 percent of respondents believed brown rice could cause a blood sugar spike. Seventy-six percent didn't realize that eating a whole-wheat bagel raises blood sugar. (For more from this survey, see page 5.)

According to Harvard Medical School researchers, a quarter of all fast-food eaters underestimate how much they consume during a meal. In his book *Mindless Eating: Why We Eat More Than We Think*, Cornell University researcher Brian Wansink, PhD, reports

that everyone underestimates food intake somewhat but overweight people misjudge by 40 percent.

No doubt, the majority of those forgotten calories come from carbohydrate-heavy snacks consumed where we spend most of our time—at work.

Snacking is our new national pastime. According to National Health and Nutrition Examination Surveys (NHANES) data, 39 percent of Americans report snacking three or more times per day. In another poll of about 500 workers sponsored by Atkins, 63 percent of respondents said snacks around the workplace or brought in by co-workers were among the biggest challenges to eating healthy.

All this snacking influences our weight and health. After all, when we

11

Number of pounds of weight gain that doubles your your risk of developing type 2 diabetes.

39

Percent of
Americans report
snacking three
or more times
per day.

Source:
NHANES study

snack it's usually not kale or tuna fish we reach for but salty chips and sugar-laden cookies.

Even when we think we're "being good" by snacking on something that sounds healthy—energy bars, yogurt, or even oatmeal—our choices might not be much better for us than swallowing teaspoons of pure sugar.

"If you were trying to cleanse your body of sugar and toxins, would you stick two and a half Kit Kat bars in a blender and drink 'em down?" asks David Zinczenko, founder of *Eat This, Not That!* and author of the new book *Zero Sugar Diet*. "That's the sugar equivalent of what you're getting from some bottled 'green cleansing' juices."

Sugars are hiding everywhere in plain sight. The Centers for Disease Control and Prevention's most recent figures find that Americans consume, on average, 19.5 teaspoons of added sugar every day. And a lot of that comes from foods and beverages that we think are healthy.

What Happens to Your Body When You Eat Carbs

Let's take a look at what happens in your body when you eat a typical high-carbohydrate food, say, two slices of sandwich bread. When you digest the bread it is quickly converted to sugar—about 6 teaspoons' worth—and released into the bloodstream. Your blood can handle about 1 or 2 teaspoons of sugar at any given time.



Your body responds to any amount over that by producing the hormone insulin whose job it is to pull sugar out of your blood. Now, if you eat a big spaghetti dinner at your favorite Italian restaurant, complete with garlic bread, and a glass or two of merlot, you're talking about a tidal wave of sugar entering your bloodstream all at once. The excess sugar that insulin can't push into your cells to store as energy gets converted into fat, which tends to settle around the midsection and thighs.

But that's not the worst of it. Over time, a constant influx of sugar from eating carbohydrate-rich foods may cause your body to become insulin resistant. Your body needs to pump out more insulin because the insulin is less effective at shuttling sugar out of your bloodstream. Chronic high blood sugar can ultimately lead to prediabetes, the precursor to full-blown type 2 diabetes. According to the *Journal of the American Medical Association*, 52 percent of the U.S. population either is prediabetic or has type 2 diabetes; that's more than 169 million people.

"The staggering increase in obesity rates and type 2 diabetes over the last 30 years correlates to the beginning of low-fat/high carbohydrate dietary guidelines," says Colette Heimowitz, vice president of nutrition and education at Atkins Nutritionals, Inc. "As a nation, we reduced our overall fat intake, swapping out foods containing protein and healthy fats for low-fat, high-sugar foods."

Diabetes isn't the only danger of a high-carb diet. Here are some other surprising things that can happen:

You may crave sweet foods. Anything sweet has the potential to retrain your tastebuds. Even when the tomato ketchup you squeeze onto your hamburger is made with high-fructose corn syrup, you may need greater and greater doses of sugar in order for the sweetness to register. Sweet foods trigger the release of feel good hormones in our brains. But over time, the more sugary foods we eat the more unsatisfied

SUGAR SPIKE

Fruit Punch
(16 oz serving)



SUGAR IMPACT
28 GRAMS

Despite the similarity of names, "fruit punch" and "fruit juice" are entirely different animals. Punch may disguise itself as something vaguely based on fruit, but rarely does it contain anything resembling real fruit.

we may feel and the more we may seek out candy and baked goods instead of real food.

Your cholesterol may rise. A study in the *American Journal of Clinical Nutrition* found that people who consumed beverages containing high fructose corn syrup for two weeks significantly increased their levels of triglycerides and LDL (bad) cholesterol.

Your body will store fat around your belly. Within 24 hours of eating high-fructose corn syrup, your body is flooded with elevated levels of triglycerides, which signal to your body to store abdominal fat.

Your brain may decay. In a study of nearly 1,000 seniors, researchers found that eating a diet high in simple carbs significantly increased the risk of developing dementia. All of the subjects were cognitively normal at the beginning of the study, and about 200 developed signs of dementia over the next 4 years. The risk of mental decline was higher in those who ate a lot of carbs and lower in those who ate more fat and/or protein.

Your blood pressure may rise. Too much sugar leads to higher insulin levels,

Eat This



Swap donuts for berries drizzled with unsweetened chocolate.

which activate the sympathetic nervous system and increase blood pressure.

Your skin may sag and wrinkle. Elevated glucose and fructose in your body weakens collagen and elastin, the structural supports that keep skin tight and plump.

You may double your risk of heart disease. People who get 25 or more percent of their calories from added sugar are more than twice as likely to die from heart disease as those who eat less than 10 percent, according to a study in the *Journal of the American Medical Association*. One out of 10 of us fall into that category.

Fortunately, making simple diet changes has been shown to produce significant health improvements. Just think of the impact you can have on your health by confronting the high-carb snack habit at the very place it is most insidious—your workplace.



Not That!

52

Percentage of workers' meals that are not brought from home.

Source: Health Facts Survey, Wakefield Research

[SELF CHECK]

DO YOU HAVE METABOLIC SYNDROME?

THE BRIGHT SIDE
Fortunately, you can reverse metabolic syndrome by restricting the amount and kinds of carbohydrates you eat.

IF YOU EAT a lot of refined carbohydrates and added sugars, chances are high that you are at risk for this cluster of symptoms that predispose you to diabetes and heart disease. One in four Americans has it and most of them don't realize they do.

YOU'RE AT RISK IF YOU HAVE THREE OR MORE OF THESE TELLTALE SIGNS:



MEN

- ≥ 40 inches
- ≥ 150 mg/dL
- ≤ 40 mg/dL
- ≥ 130/85 mm Hg
- ≥ 100 mg/dL

WAIST CIRCUMFERENCE

TRIGLYCERIDES

HDL ("GOOD") CHOLESTEROL

BLOOD PRESSURE

FASTING GLUCOSE

WOMEN

- ≥ 35 inches
- ≥ 150 mg/dL
- ≤ 50 mg/dL
- ≥ 130/85 mm Hg
- ≥ 100 mg/dL



A recent national survey of 1,000 people, found that **4 out of 5 of us** are confused about how certain foods affect our bodies.



CLOSING THE SUGAR GAP

Do You Know Which Foods Cause Blood Sugar to Spike?

WHAT MAKES UP A HEALTHY MEAL?

- > PROTEINS
- > HEALTHY FATS
- > CARBS WITH FIBER



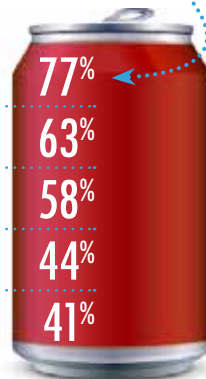
75%
OF PEOPLE ANSWERED
WRONG

IS A BOTTLE OF JUICE OR SPORTS DRINK HEALTHIER FOR YOU THAN A CAN OF REGULAR SODA?

No! They affect your blood sugar the same. Here's the percentage of people who thought each drink was a healthier choice.



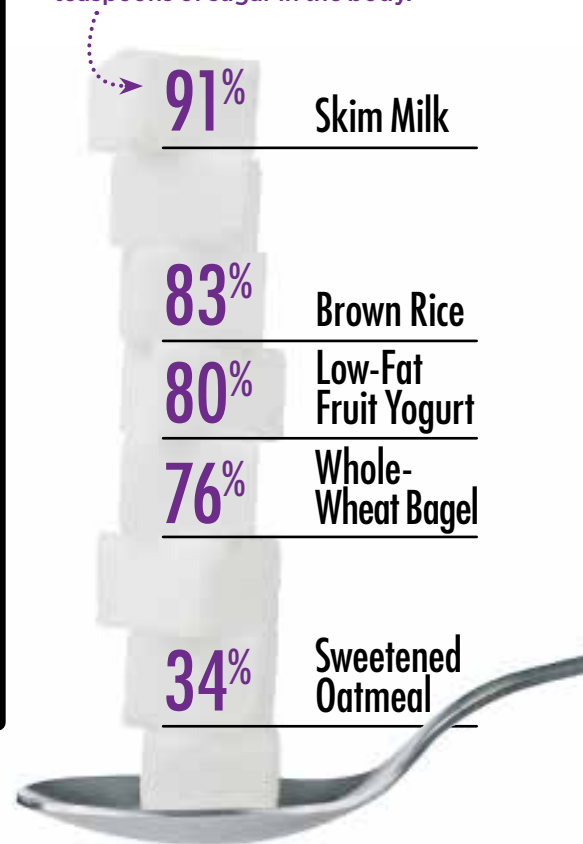
- Fresh Pressed Juice
- Apple Juice
- Orange Juice
- Sports Drink
- Fruit Punch



THE 'HIDDEN SUGAR EFFECT' OF EATING CARBS

Nine in 10 Americans are unaware that certain foods convert to sugar during digestion.

Percentage of people who don't realize that each food below acts like teaspoons of sugar in the body.




* Source: The Sugar Gap Study commissioned by Atkins Nutritionals, Inc.

SPOT THE HIDDEN SUGAR

Put on your 'sugar goggles' to see how different foods impact your blood sugar*.




SPORTS DRINK (8 OZ BOTTLE)
=




4 tsp sugar

CORN FLAKES (1 CUP)
=




6.6 tsp sugar

LOW-FAT YOGURT (1 CUP)
=




3.3 tsp sugar

WHOLE GRAIN BREAD (1 SLICE)
=




3 tsp sugar

BAKED POTATO (SMALL)
=



6.3 tsp sugar

ORANGE JUICE (8 OZ)
=



4 tsp sugar



*Calculation of teaspoons of sugar for all foods listed based on glycemic load, which is the blood glucose-raising potential of a food.



Sorry Mary Poppins, no one would deliberately swallow a spoonful of sugar even if the medicine tasted really nasty, and certainly not eight teaspoonfuls. But that’s exactly what you are doing when you eat a bagel due to the “hidden sugar effect.”

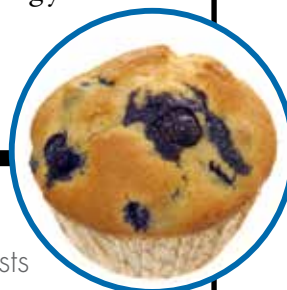
That’s when certain foods turn into sugar during digestion. You can’t see this happening in your body but nonetheless that carb-dense bagel delivers the same impact on your blood sugar as if you had swallowed 7½ teaspoons of granulated sugar.

Even something that seems innocent and healthy like instant oatmeal translates into sugar in your body. Similarly, a seemingly good-for-you snack like low-fat yogurt would have the same effect on blood sugar as if you downed more than 3 teaspoons of pure sugar.

A constant flood of these hidden sugars is damaging to your body because your bloodstream can only handle so much of the sweet stuff at any one time. Any excess is stored as fat cells, making them expand—and your belly grow bigger. What’s worse, after years of consuming foods high in these hidden sugars, your body’s ability to store sugar breaks down and more and more sugar stays in your bloodstream. In turn, you may develop type 2 diabetes, a serious condition that over time can lead to blindness, leg amputation, heart disease, and stroke.

That’s scary stuff, and all from sugars that you can’t really see. So the folks at Atkins Nutritionals, Inc. have developed a virtual reality experience, called “Sugar Goggles,” to jumpstart the conversation around hidden sugar content. The technology will be used in education programs to show people where sugars are hiding in everyday foods. No, the goggles aren’t as stylish at Warby Parkers, but just as effective at helping you to see a brighter future. Goggles on!

** To learn more about Sugar Goggles and how to make healthy eating choices, visit biddensugar.com.*



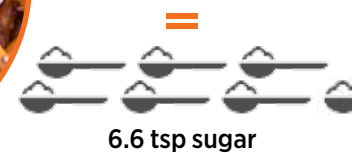
PSEUDONYMS FOR SUGAR

How to detect the sweeteners lurking on ingredients lists

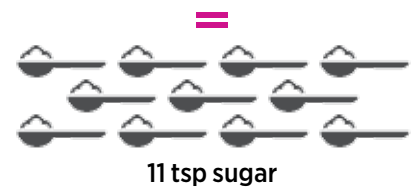
You say muscovado, I say turbinado. No matter how you pronounce it, it means sugar. Food manufacturers have many ways of hiding sugars in processed foods, 61 at least. Here are 25 of the most popular:

Agave nectar	Carob syrup	Fructose	Honey	Muscovado
Barley malt	Coconut sugar	Fruit juice concentrate	Malt syrup	Rice syrup
Beet sugar	Confectioner’s sugar	Glucose	Maltodextrin	Saccharose
Brown sugar	Corn syrup	HFCS (High-Fructose Corn Syrup)	Maltose	Sucrose
Cane juice	Dextrose		Molasses	Turbinado sugar
Caramel				

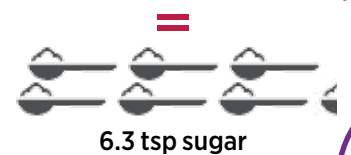
PRETZELS (1 OZ)



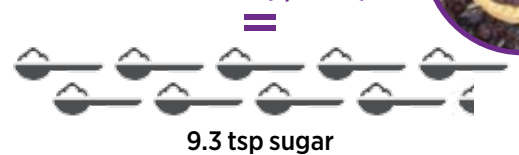
MAC ‘N’ CHEESE (1 BOWL)



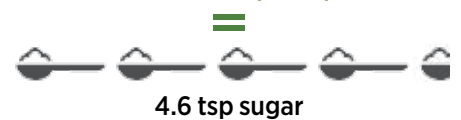
STRAWBERRY FROSTED CUPCAKE (SMALL)



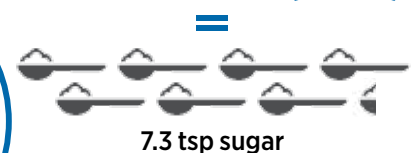
RAISINS (1/4 CUP)



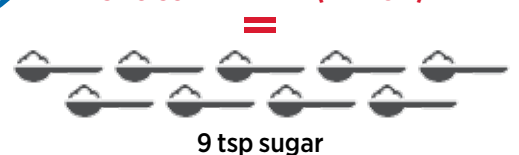
OATMEAL (1 CUP)



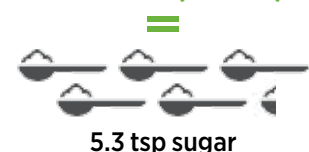
BLUEBERRY MUFFIN (MEDIUM)



CHOCOLATE BAR (MEDIUM)



BANANAS (MEDIUM)



** Calculation of teaspoons of sugar for all foods listed based on glycemic load, which is the blood glucose-raising potential of a food.*

WHICH SNACKS DO YOU EAT MOST DURING WORK?

Eat This, Not That! Twitter poll



HOW AMERICA SNACKS

How have you conquered the challenges of eating well at work?

CHIMA Y.

I always make time to pack a healthy snack bag before leaving the house.

ANNA A.

I let myself eat one or two filling snacks a day. You don't want to deprive yourself of snacks. Instead of eating a whole bag of chips that aren't filling, I'll eat something that fills me up.

DONNA G.

I've learned the importance of not

allowing myself to get hungry, so I try to pack snacks or have a plan. The more I do this, it really becomes second nature.

LYN P.

Sipping ice water takes the edge off cravings. I keep a large water bottle with a straw on my desk.

What are your favorite meals/snacks to bring to work to stay on track?

KEVIN C.

I have a small electric fridge under my desk at work and every Monday I fill it with

fresh fruit, cut-up veggies, Greek yogurt, a bottle of Kefir, enough snack and lunch food for the week. That's my armor against vending machine temptations.

PHOEBE D.

I alternate daily between home-popped popcorn, sliced bell pepper, and hummus.

ERICA B.

Cheese sticks, pepperoni, almonds, hard-boiled eggs, broccoli and ranch dressing, celery sticks stuffed with cream cheese, and pork rinds with salsa for dipping.

SHAWN L.

For lunch, it's usually leftovers from last night's dinner, mostly chicken breast or chili. For snacks, I like unsalted cashews and cubes of Swiss cheese.

What tips do you have for avoiding common food traps (e.g., office meetings, birthday parties, etc.) at work?

MARK H.

I work in an office of 20 people. Almost every day, someone brings in donuts or muffins, a birthday cake for a co-worker or leftover cookies from a party. With all those baked goods sitting on a table in the common area, it's just too hard to resist taking a cupcake or cookie. I was gaining weight. My triglycerides were

high, so I decided to break tradition by bringing a bushel of Empire apples I picked up at an orchard stand. Everyone loved them. Now it's like a competition to see who could bring in the healthiest snack.

CHIMA Y.

To avoid temptation, I try to arrive at these types of events with a full stomach. If I'm not hungry, then it won't be an issue. Also, I tend to look more at the veggie tray for the good carbs.

DONNA G.

Work parties can always be a struggle. Easy, stress-free solutions include bringing a dish to share (I make a great buffalo chicken dip and pimento cheese that co-workers love) and I try to make sure that I have snacked before going to the party so I'm not ravenous.

WHAT TIME OF DAY DO YOU USUALLY REACH FOR A SNACK?



Eat This, Not That! Twitter poll



EAT THIS, NOT THAT!

ON THE JOB

Your workplace is nibble city, the venue where you probably munch most, which spells trouble unless you snack smarter.

We eat when we're stressed. We eat when we're bored. We eat when something delicious is within arm's reach. A Cornell University study found that people consumed an average 1.8 more pieces of chocolate when the candy jar was located near their desk versus across the room. We also eat because of peer pressure. In one survey of 325 professionals on a diet, 51 percent said they veered off their diets because they "want to be part of the crowd." It's no wonder we spend so much time at work snacking and putting on pounds.

But there's a way out of this conundrum. With *Eat This, Not That!* smart swaps, you can keep cravings at bay and your body and brain energized for productive work. Here's how to survive...

See Hunger Busters, page 12, for homemade snacks.

The Office Snack Table

Donut holes, jelly donuts, leftover birthday cake, homemade cookies, and bowls of seasonal chocolates. The office snack table is a dangerous minefield of carbs and calories for anyone trying to eat healthier at work. Don't scarf that stuff. Plan ahead; stock your desk and the office fridge.

EAT THIS!

Single-serving packages of HUMMUS

These 2-ounce packages deliver 4 grams of protein. Pack sliced-up, vitamin-packed red pepper, baby carrots or small pita rounds.

TUNA lunch kits

Available in grocery stores, these pre-made kits include a small tin of tuna with extra seasonings like lemon and cracked pepper, plus a handful of crackers. Keep a few of these in your desk for a light lunch or snack.

ALMOND BUTTER, 1 packet

If you don't want to keep a jar in your desk, these convenient single-serving packets deliver almond butter's holy trifecta of protein, good fats and the belly-burning amino acid L-arginine, a great afternoon pick-me-up.

4% COTTAGE CHEESE

You can get these in one-cup servings too, but it'll be less expensive to keep a pint container in the fridge at work. Write your name on it.

PLAIN GREEK YOGURT

Greek yogurt has double the hunger-busting, muscle-building protein found in regular yogurt, plus Vitamin D and calcium.

HARD-BOILED EGGS

Boil a batch on Sunday and stock your work fridge on Monday. Hard-boiled eggs are an easy snack to take on the go. And they're satiating thanks to 7 grams of protein per 85-calorie egg.

EDAMAME

Keep a bag in the freezer and defrost individual portions for an ever-ready munch. Also snack on celery, or get a fix of crunch and protein from two tablespoons of peanut butter on wheat crackers.

UNSWEETENED ICED TEA

Contains caffeine and L-theanine, which can help you think more clearly. Green tea boasts the antioxidant EGCG, which helps weight loss.

The Vending Machine

Curbing your hunger until quitting time is a lot harder if you didn't plan ahead with snacks brought from home and your only option is the bank of vending machines in the hall. Almost everything in there is a highly-processed carbohydrate. But as a last resort, you can find sustenance there if you know what to look for.

Eat This!

PEANUTS OR PISTACHIOS

Any package of nuts you find in the machine should be a good bet. Filled with heart-healthy monounsaturated fats and protein, they are filling and offer a satisfying crunch.

MICROWAVE POPCORN

Popcorn is high in fiber and antioxidants. Just stay away from those packages that contain trans fats, buckets of sodium, and the fake buttery stuff. And watch your portion size; it's easy to mindlessly scarf a whole bag while working at your computer.

ENERGY BARS

Most contain fiber-rich chia seeds, protein, and omega-3s, but beware that some are no healthier than candy bars.

SUNFLOWER KERNELS

Rich in fiber and healthy fats.

SEED, NUT, AND BERRY MIX

The fat and fiber from the seeds and nuts will reduce the carb impact from the dried berries.



The Business Road Trip

Even when business calls for air travel, you almost always spend time in a car. Choose better snacks during convenience store stops.

Eat This!

ROASTED CHICKPEAS

Reach for these when you need a salty snack. Their high fiber (5 g), protein profile (5 g), and crunch will satisfy your craving for chips.

COFFEE ALMONDS

Almonds are weight-loss magic bullets, thanks to the amino acid L-arginine, which helps build lean muscle and reduce belly fat, according to Mayo Clinic.

ATKINS HARVEST TRAIL DARK CHOCOLATE CHERRY & NUTS BAR

A sweet and filling energy bar without a lot of sugar, it delivers 8 grams of protein, 10 grams of fiber and 6 grams net carbs.

PUMPKIN SEEDS or SUNFLOWER SEEDS

They are packed full of protein and heart-healthy monounsaturated fats.

WHOLE FRUIT

One peach has just 70 calories, 13 grams of naturally occurring sugar, 2.3 grams of satiating fiber, blood pressure-lowering potassium, and prebiotic fiber, which helps to feed good gut bacteria and improve digestion.

JERKY

Made from beef, chicken, even salmon, jerky is portable and packed with up to 28 grams of protein per 3-ounce portion. Avoid those with added sugars and hydrogenated oils.

HUNGRY OR THIRSTY?

Because the same part of your brain interprets both hunger and thirst signals, it's often easy to mistake thirst for hunger. Next time you feel a hunger pang, drink a glass of water. The urge for a snack will likely go away. To keep cravings at bay, drink water throughout the day. Nutritionists say the recommended eight 8-ounce glass of water per day is inadequate. Try for 12 glasses of water daily. For variety and flavor, infuse your water with cut-up fruit, or drink unsweetened, flavored seltzer, or unsweetened hot or cold tea and coffee.



THE SNACK-BUILDER MATRIX

HUNDRED-CALORIE SNACK PACKS are one of the hottest things in the packaged food industry. But while they may provide some semblance of portion control, nearly all of them are total junk. These heavily processed nutritional vortices do little to stem hunger or promote a healthy body. Luckily, there are more than a few ways to put a solid snack together.

Here, we've created a range of two-piece snack combinations, one part relying on a healthy vehicle like fresh fruit and whole-wheat crackers, the other being a tasty topper with nutritional benefits. Each pair provides a mixture of fiber, fat, protein, and good-for-you carbs, exactly what you need to fuel your brain and maximize metabolism.

KEY

 **FIBER**
 **PROTEIN**
 **HEALTHY FAT**

If the box is empty, it's because they don't go well together



Baby Carrots
(½ cup)



Apple Slices
(1 medium apple)



Whole Wheat Crackers
(5 crackers)



Celery Sticks
(no limit)



Black Bean Chips
(10 chips)



Guacamole
(2 oz)



Unsweetened Dark Chocolate
(1 square)



Ham, Turkey, or Roast Beef
(4 slices)



4% Cottage Cheese
(¾ cup)



Almond Butter
(1 Tbsp)



Hummus
(¼ cup)



Tuna, in olive oil
(½ can)



DO-IT-YOURSELF HUNGER BUSTERS

8 Delicious Recipes for Snacking Success

The secret to avoiding the high-carb, sugar-loaded temptations at work when your belly is rumbling like a distant thunderstorm can be found in your kitchen.

When you take the time to prepare a stash of homemade snacks to stock your desk drawer or fridge at work, you gain big-time control over your health, weight, and time. It just takes a little Sunday evening gumption. Try these recipes for quick and healthy snacks courtesy of our friends at Atkins Nutritionals, Inc.*

**Net Carbs = total carbohydrate – (minus) dietary fiber – (minus) sugar alcohols (if sweetened with sugar alcohols)*

LOW CARB GRANOLA

WHAT YOU'LL NEED

- 1/3 cup coconut oil
- 1 cup whole flaxseeds
- 1 cup raw sunflower seeds
- 1 cup half pecans
- 9 Tbsp raw unsweetened shredded coconut
- 2 Tbsp sucralose based sweetener (sugar substitute)
- 2 Tbsp cinnamon
- 1 tsp vanilla extract

WHAT YOU'LL DO

- Preheat oven to 350°F.
- In a large skillet over medium heat melt the coconut oil completely, and then stir in the rest of the ingredients. Stir continuously for 10 minutes.
- Remove from heat, spread mixture on large cookie sheet lined with parchment paper.
- Bake for 20 minutes. Let cool, and store in an airtight container in the refrigerator.

Tastes great with unsweetened almond or coconut milk!!!

MAKES ABOUT 2 1/2 CUPS. ONE SERVING IS 1/2 CUP

643 calories • 60.8 g fat • 14.2 g protein • 15.2 g fiber
5.9 g net carbs

SWEET AND SALTY ALMONDS

WHAT YOU'LL NEED

- 1 large egg white
- 1/3 cup sucralose-based sweetener (sugar substitute)
- 3/4 dash salt
- 2 tsp cinnamon
- 2 cups whole almonds

WHAT YOU'LL DO

- Preheat oven to 350°F.
- Combine the egg white, sugar substitute, salt, and cinnamon in a medium bowl. Beat with a fork until frothy. Add almonds and toss to coat.
- Spread out in a single layer on a nonstick baking sheet or a baking sheet lined with aluminum foil.
- Bake for 12-15 minutes, turning once, until toasted and crisp. Remove from oven and place baking sheet on a baking rack. When the nuts are cool, remove from pan and store in an airtight container at room temperature up to one week.

MAKES 16 SERVINGS

82 calories • 6.7 g fat • 3.1 g protein • 1.8 g fiber
1.9 g net carbs

49

Percentage of employees who say that a salty snack is the food they eat most often when snacking at work.

Source: Health Facts Survey, Wakefield Research

SUGAR LESS

Cutting just one sugary drink out of your day could lower your diabetes risk by up to 25%, according to a recent study in the journal *Diabetologia*.

4

Number of grams of sugar in a 1-tablespoon serving of ketchup. The average consumer douses his or her food with 4 tablespoons.

BACON-EGG SALAD FLATOUT WRAP

WHAT YOU'LL NEED

- 2 large boiled eggs
- 1 Tbsp real mayonnaise
- ½ tsp yellow mustard
- 1 flatbread
- 1 ½ oz cooked turkey bacon

WHAT YOU'LL DO

- Mix chopped eggs, mayonnaise, and mustard. Add salt and pepper to taste.
- Spread mixture on flatbread. Top with crumbled bacon. Roll up and cut.

MAKES 1 SERVING

511 calories • 36 g fat • 34 g protein • 10 g fiber
0.8 g fiber • 8.6 g net carbs

KALE CHIPS

WHAT YOU'LL NEED

- 7 oz kale Purchase at least 13oz of kale (a large bunch). Once the stems are removed, you will have about 7 oz of leaves.
- 1 Tbsp extra virgin olive oil
- ⅛ dash salt

WHAT YOU'LL DO

- Preheat oven to 250°F and prepare two sheet pans with parchment paper.
- Remove the leaves from the stems of the kale stalk by cutting away with kitchen shears or tearing. Tear leaves into bite-sized pieces (it will shrink so pieces should be about 3-inches long otherwise you will end up with tiny pieces) then wash and thoroughly dry on a towel or in a salad spinner. Discard the stems.
- Toss kale with olive oil by hand in a bowl, then arrange equally spaced on the baking sheets and season with sea salt to your taste.
- Place pan in the oven and set a timer for 30 minutes. After 20 minutes check to see if pieces are dried and crispy. If not, continue to check at 5-minute intervals. Store in an airtight container for up to 1 week.

TRY THESE FLAVORFUL TOPPINGS

- CHEESY:** add 2 Tbsp finely grated Parmesan cheese along with the salt just before baking.
- TRUFFLE:** add flavored salts such as truffle salt. Or a drop or two of truffle oil can be added to the olive oil.
- CHIPOTLE:** add a pinch of ground chipotle with the salt.
- WASABI:** add ⅛ tsp ground wasabi powder with the salt.

MAKES 6 SERVINGS

37 calories • 2.6 g fat • 1.1 g protein • 0.7 g fiber
2.7 g net carbs

HAM, SWISS CHEESE, AND AVOCADO ROLL-UPS

WHAT YOU'LL NEED

- ½ avocado
- 1 oz Swiss cheese
- 4 oz boneless, cooked fresh ham

WHAT YOU'LL DO

- Place a piece of cheese on each piece of ham. Top with a slice of avocado.
- Roll up and secure with a toothpick, if desired.

MAKES 1 SERVING

343 calories • 22.4 g fat • 29.2 g protein • 4.6 g fiber
2.8 g net carbs

APPLE MUFFINS WITH CINNAMON-PECAN STREUSEL

WHAT YOU'LL NEED

- | | |
|------------------------------|---|
| 1 ⅔ cups almond meal flour | ¼ cup coconut milk unsweetened |
| ½ cup half pecans | 2 tsp vanilla extract |
| 6 ½ tsp cinnamon | 2 Tbsp organic high-fiber coconut flour |
| ⅓ tsp salt | 1 tsp baking powder (straight phosphate, double acting) |
| ½ cup erythritol | ⅔ cup quartered or chopped apple |
| 1 pinch Stevia | |
| 2 Tbsp unsalted butter stick | |
| 2 large eggs (whole) | |

WHAT YOU'LL DO

- Preheat oven to 350 F. Prepare a muffin tin with 8 cupcake papers.
- Combine ⅔ cup almond flour, chopped pecans, 2 Tbsp cinnamon, ⅓ tsp salt, 2 Tbsp granular sugar substitute (erythritol), a pinch of Stevia and 2 Tbsp melted butter in a small bowl. Mix. Set aside while making the muffin batter.
- FOR THE MUFFINS:** whisk together the eggs, ¼ cup coconut milk, 2 tsp vanilla, 6 Tbsp erythritol, a pinch of Stevia, and ½ tsp ground cinnamon.
- Add 1 cup almond flour, 2 Tbsp coconut flour, ¼ tsp salt and 1 tsp baking powder; mix to combine then fold in ⅔ cup finely chopped apples.
- Divide into muffin 8 wells topping each with about 2 Tbsp of the streusel. Bake for 25 minutes, remove from oven and allow to sit for 10-20 minutes to cool before removing.

MAKES 8 MUFFINS

242 calories • 20.6 g fat • 7.5 g protein • 45.1 g fiber
5.3 g net carbs

9

Minutes of additional time people spent eating during the day when they got less than 7 hours of sleep the night before.

Source: University of Alabama.

**GREEN & CLEAN SMOOTHIE
A.K.A. “UNDER THE COLLARD”**

From *Zero Belly Smoothies*, by David Zinczenko

WHAT YOU’LL NEED

- 1 cup collard greens, stemmed and chopped
- 2 Tbsp fresh lime juice
- 1 cup unsweetened almond milk
- 1 scoop plain plant-based protein powder
- 3 ice cubes
- Water to blend (optional)

WHAT YOU’LL DO

- Combine all ingredients in blender until smooth.

MAKES 1 SERVING

237 calories • 9 g fat • 4 g fiber • 28 g protein
7 g net carbs

BLACKBERRY SMOOTHIE

WHAT YOU’LL NEED

- ¼ cup frozen blackberries
- 1 cup coconut milk unsweetened
- ¼ tsp cinnamon
- ½ tsp vanilla extract
- 1 scoop vanilla whey protein
- ⅙ tsp allspice ground
- ⅙ cup whole ground golden flaxseed meal

WHAT YOU’LL DO

- Combine all ingredients in blender until smooth.

MAKES 1 SERVING

221 calories • 9.8 g fat • 5.8 g fiber • 21.8 g protein
6.7 g net carbs

SEIZE THESE SEEDS

Each of the following nuts not only offers its own diverse package of nutrients, it also infuses snacktime with a diversity of big flavor.



1 PISTACHIOS 1 OUNCE

7 g monounsaturated fat • 6 g protein • 3 g fiber • 5.3 g net carbs

WHAT YOU NEED TO KNOW: Phytosterols, a plant cholesterol found in pistachios and hazelnuts, can produce a 10-point drop in your triglycerides and a 16-point decline in your LDL (bad) cholesterol, reports the *Journal of the American College of Nutrition*.

2 PECANS 1 OUNCE

12 g monounsaturated fat • 3 g protein • 3 g fiber • 3.93 g net carbs

WHAT YOU NEED TO KNOW: Pecans pack the most antioxidants of any nut. Adding them to your diet may reduce your risk of cancer, heart disease, and Alzheimer’s disease.

3 WALNUTS 1 OUNCE

2.5 g monounsaturated fat • 4 g protein • 2 g fiber • 3.98 g net carbs

WHAT YOU NEED TO KNOW: Walnuts contain 2.5 g omega-3s per 1-ounce serving, and Harvard research shows that getting more omega-3s in your diet may help ward off depression and the ultimate bummer: a heart attack.

4 HAZELNUTS 1 OUNCE

13 g monounsaturated fat • 4 g protein • 3 g fiber • 2.3 g net carbs

WHAT YOU NEED TO KNOW: Men who ate a handful of hazelnuts daily boosted their HDL (good) cholesterol levels by 12 percent, according to a study in the *European Journal of Clinical Nutrition*.

5 BRAZIL NUTS 1 OUNCE

7g monounsaturated fat • 4 g protein • 2 g fiber • 3.48 g net carbs

WHAT YOU NEED TO KNOW: No food packs more selenium, a mineral that may offer some cancer protection, and has been shown to improve lipid profiles, according to research by University of Arizona scientists.