

## **EXAMPLES OF 200-300 CALORIES**

- 1. HALF TURKEY SANDWICH (LIGHT “INSIDES”)**
- 2. 2 EGGS WITH YOLKS AND 1 SLICE WHOLE GRAIN BREAD (NO BUTTER)**
- 3. LIGHT YOGURT + 1 TBSP. NATURAL PEANUT BUTTER**
- 4. “OPEN FACE” SANDWICH WITH MEAT, VEGGIES, LIGHT MAYO**
- 5. ADVOCARE MEAL REPLACEMENT SHAKE**
- 6. ADVOCARE BARS (MANY VARIETIES)**
- 7. 1/2 CUP BROWN RICE (COOKED) + 3 OZ. CHICKEN**
- 8. 1/2 CUP OATMEAL (NO BUTTER OR SUGAR + 1 SCOOP OF MUSCLE GAIN POWDER**
- 9. 3 OZ. TUNA FISH (NO OIL) + 6 SMALL WHOLE GRAIN CRACKERS**
- 10. 3 OZ. GROUND TURKEY MEAT + 1/2 CUP WHOLE GRAIN PASTA**
- 11. 1.25 ALMONDS \_ 1/2 PIECE OF FRUIT + 1 SCOOP MUSCLE GAIN POWDER**
- 12. 3 OZ. SALMON**
- 13. 3 OZ. CHICKEN + 1/2 CUP GRAPES**
- 14. 2 HARD BOILED EGGS + LOW-FAT MAYO+MUSTARD + 1 PIECE WHOLE GRAIN BREAD**
- 15. 1 SMALL APPLE + 1/2 CUP LOW-FAT COTTAGE CHEESE**