



CPAT NUTRITION HANDBOOK

Megan Lautz, MS, RD, CSCS, TSAC-F

For firefighter-specific nutrition tips, follow @Rescue.RD on Instagram and Facebook.

If you have general questions, email meganlautz@gmail.com

One-on-one nutrition coaching for CPAT is available for a fee. Additional services and handouts available on RescueRD.com

NUTRITION BASICS

MACRONUTRIENTS

- Nutrients that provide calories
- Ex. Protein, carbohydrates, fat, alcohol

Protein	Carbohydrate	Fat
<ul style="list-style-type: none"> • 4 calories per gram • 10-35% of daily calories • 0.7-1.0g per pound body weight • Builds muscle • Helps maintain muscle during weight/fat loss • <i>Limit</i> red meat and processed meat to 18 oz per week 	<ul style="list-style-type: none"> • 4 calories per gram • 40-65% of daily calories • Fiber: 25-38 grams per day • Gives you energy to train hard • Make half your grains whole • <i>Limit</i> sugar to 25-38 grams per day (unless sports drink needed on hard workout days) 	<ul style="list-style-type: none"> • 9 calories per gram • 25-35% of daily calories • Optimal brain, nerve, and heart function • Helps absorb fat soluble vitamins • <i>Limit</i> trans fat and saturated fat as much as possible (baked goods, fatty meats/dairy)
Eggs Chicken Turkey Fish Seafood (shrimp, scallops, etc.) Greek Yogurt Cottage Cheese Cheese Whey Protein Milk Soy (tempeh, tofu, edamame) Beans Nuts	Starchy Vegetables (peas, corn, potatoes, beans) Fruit Beans Whole grain bread/English muffins Whole grain tortillas Whole grain crackers Whole grain cereal Brown rice Oats/Oatmeal Popcorn Rice Cakes Pretzels	Nuts Nut Butters (peanut, almond, sunflower etc.) Seeds Avocados Egg Yolks Extra Virgin Olive Oil Avocado Oil Flaxseed Chia seed Salmon Herring Mackerel

MICRONUTRIENTS

- Nutrients that help the body process calories and recover
- Do not provide calories
- Ex. Vitamins, minerals, phytonutrients, antioxidants

HEALTHY DIET "RULES"

- 1. Calories matter**
 - Weight loss = eat *less* calories than you burn
 - Weight gain = eat *more* calories than you burn
- 2. Eat fresh, whole foods 80% of the time**
 - At least 3, ½ cup servings of vegetables per day
- 3. Drink 64-128 oz water per day**
- 4. Exercise/move every day**

Sample CPAT Eating Schedule

6:00AM	Protein + Carb + Fat Smoothie with peanut butter
10:00AM	Protein + Carb Greek yogurt & apple
12:00PM	Protein + Carb + Vegetable Chicken, rice, & broccoli
3:00PM	Carb + Fat Banana & peanut butter
5:30PM	Carb (<i>optional snack or meal</i>) Fruit or granola bar, oatmeal
6:30PM	CPAT WORKOUT
9:00PM	Protein + Carb + Fat + Vegetable Chipotle burrito bowl with chicken

EATING FOR CPAT



7:00a	8:00a	9:00a	10:00a	11:00a	12:00a	1:00p	2:00p	3:00p	4:00p	5:00p	6:00p	7:00p	8:00p	9:00p
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7a-9a					12-1p				4p-6p		6:30-8:30p		8:30p-10p	
Wake up/commute					Lunch				Pre-Workout snack		CPAT		Dinner	

CPAT training is an intense 2-hour workout that requires optimal fuel and hydration. This handout will give suggestions assuming the participant works or has other obligations during the day. You can structure your eating pattern however works best for you. If you are still struggling during the workout, reach out to dietitian Megan Lautz (megan.lautz@montgomerycountymd.gov) for more personalized suggestions.

DO NOT COME TO CPAT WITH AN EMPTY STOMACH – there's a good chance you will not perform well. At the very least, have a piece of fruit or sip on a 20oz Gatorade 30 minutes before CPAT.

PRE CPAT (4:00-6:00pm)

- 200-400 calories, mostly from carbs
- Try to do “real” food over bars and shakes
- Avoid foods that cause gas, bloating, or inconsistent bowel movements (dairy, 25g + protein bars)

How to know if your pre-CPAT meal or snack isn't working for you:

- Nausea or muscle cramping during CPAT
 - Add electrolytes (salt, fruit, vegetables, Gatorade) or cut back on quantity at breakfast
- Low energy during workout or overall day
 - Eat more or change the quality of your breakfast (add fruit, veggies, whole grain)
- Binging on food/sweets at night
 - Eat more for breakfast and make sure you're eating enough calories, protein and fiber during the day

Ideas:

- Whole grain toast with peanut butter and banana
- Smuckers “Uncrustable”
- Fruit with peanut butter
- Fruit and yogurt
- Fruit and string cheese
- Rice cakes or graham crackers and peanut butter
- Bowl of whole grain cereal
- Smoothie with 1 cup fruit

Caffeine

- 200 mg of caffeine 30-45 minutes before CPAT may boost your performance
- Ex. 16oz coffee, 1 Crystal Light Energy packet
- **More is not better, preworkout, energy drinks, and energy shots are discouraged**

Lighter Bars (200 cal or less)

- Kind “Pressed” Bars (fruit and chia; 110 cal, 0g protein, 26g carb, 3g fiber)
- Kind “Healthy Grains” Bars (150cal, 3g protein, 23g carb, 2.5g fiber)
- Kashi “Chocolate Chip Chia” Bars (180 cal, 3g pro, 28g carb, 3g fiber)
- Oatmega Protein Bar (190 cal, 14g protein, 21g carb, 7g fiber)

Higher Calorie Bars (more than 200 cal)

- Kind “Protein” Bars (250 cal, 12g protein, 17g carb, 5g fiber)
- Natures Bakery Fig Bars (220 cal, 1g protein, 40g carb, 4g fiber)
- RX Bars (210 cal, 12g protein, 23g carb, 5g fiber)
- Clif Bar (260 cal, 11g pro, 40g carb, 4g fiber)

POST-CPAT (8:30pm-10:00pm)

• DO NOT SKIP

- Goal: refuel and enhance recovery post-workout
- Skipping will delay recovery and can zap your energy the next day
- Aim for at least 300-600 calories and 20-30g protein

Frozen Options (may need to eat 2)

- Evol Fire Grilled Stead
- Luvo Chicken Chorizo Chili
- Amy's Light In Sodium Black Bean Vegetable Enchilada
- Saffron Road Sweet Chili Chicken Bowl
- Healthy Choice Power Bowls Adobo Chicken Bowl
- Trader Joe's Chicken Burrito Bowl

Fast Food Options

- Chipotle Burrito Bowl (chicken, brown rice, black beans, lettuce, salsa, cheese)
- Grilled Chicken Sandwich (1-2)
- Subway Oven Roasted Chicken on Multigrain
- Subway Turkey Breast on Multigrain
- Taco Bell Grilled Chicken or Steak Tacos

Quick Ideas (30 minutes or less)

- **Buffalo Chicken Wrap:** 4oz (3/4 c) shredded chicken + 2 Tbsp buffalo sauce + 1 Tbsp low fat blue cheese dressing + 1/2 c shredded coleslaw veggies + whole grain wrap (Aldi's Fit & Active Multigrain)
- **English Muffin/Bagel Pizzas** (1-2 English muffins cut in half, top with pizza sauce and mozzarella cheese)
- **Turkey Burger** (frozen turkey burger + whole grain bun + tomato + avocado + jack cheese)
- **Taco Bowl** (season lean ground turkey with taco seasoning + 1/2 c brown rice + 1/2 c beans + fajita veggies)
- **Caprese Chicken Sandwich** (grilled chicken + mozzarella cheese + basil pesto + whole wheat bun)
- **Salsa Eggs** (3-4 eggs/egg whites + 2 Tbsp salsa + 1/4 cup cheese + 1/4 cup black beans)
- **Shrimp Stir Fry** (shrimp + frozen stir fry vegetables + soy or stir fry sauce + brown rice)
- **Pasta bowl** (1/2 to 1 cup whole grain pasta + steamed frozen vegetables + 1/2 cup pasta sauce + chicken)
- **Stuffed sweet potatoes** (stuff a baked sweet potato with beans, cheese, corn, salsa, chicken or whatever you have on hand. Top with Sriracha or a chipotle sauce)

SATURDAY CPAT (7:00am-9:00am)

- 500-750 calories, mostly from carbs
- Try to do "real" food over bars and shakes
- Avoid foods that cause gas, bloating, or inconsistent bowel movements (dairy, protein bars)

Ideas:

- Kodiak Cakes Minute Muffins or Muffin Mix
- Whole grain toast with peanut butter and banana
- Whole grain waffles with syrup or nut butter
- Wholegrain Smuckers "Uncrustable"
- Whole grain cereal (1 cup dry or with milk, Total, Wheaties, Mini Wheats)
- Peanut butter banana roll-up (1 whole grain tortilla + 1 sliced banana + 2 tbsp. chocolate chips)
- Reese's oatmeal = 1 cup oats + 1 cup chocolate almond milk + 1 tbsp peanut butter + 1 banana
- Overnight oats or Oatmeal with fruit and nuts
- Apple or banana with peanut butter
- Greek yogurt with fruit or granola
- Homemade protein shake or smoothie
 - 1 banana + 1 c almond milk + 1 scoop protein powder + 3 oz spinach + 1 Tbsp PB)

POST-CPAT (11:00am)

- Easy & quick to eat
- Protein + carb
 - Aim for 2-3g carbs to 1g protein
 - Ex: 40-60g carb + 20-25g protein

Ideas:

- Chocolate milk (shelf stable)
- Wholegrain Smuckers "Uncrustable" or PB&J on whole grain
- Cheese stick and fruit
- Greek yogurt and fruit
- Banana and almond butter
- Protein shake and a fig bar or fruit
- Protein bar (see "break" for ideas)
- Low sodium jerky (ideally turkey)
- Hummus and pita
- Pretzels and peanut butter
- Turkey and cheese roll up
- Garden Lites: Zucchini Chocolate Muffins

Contact meganlantz@gmail.com
with questions and dietary alternatives



WHAT TO EAT BEFORE THE CPAT TEST DAY



DON'T

Have a Hard Workout Friday

Pull back on training intensity starting the Wednesday before the test to prevent excessive soreness or fatigue.

Eat Fried or High Fat Foods the Night Before

A burger, fries, pizza and other high fat foods can cause discomfort and grogginess day of the test. If you need to eat out opt for chicken/fish with veggies and a baked potato, a grilled chicken sandwich with fruit, or a burrito bowl.

Indulge in Alcoholic Beverages

Avoid alcohol 3-5 days before your test date. Even one drink can dehydrate you. Overindulging can significantly impact performance and may cause a headache day of the test.

Try Something New

Avoid trying new foods the night before and morning of the test to prevent any undesirable GI discomfort or negative impact on performance.

Wake Up and Go

Skipping a meal or eating too much due to lack of time before the test can impact performance.

Overload on Caffeine

Avoid pre-workout supplements or energy drinks day of the test. Too much caffeine or other additives may cause jitters or heart palpitations.

Head Out for Beers Post-Test

You will likely be slightly dehydrated post-test, and alcohol can negatively impact hydration status.



DO

Focus on Flexibility and Mobility

Consider yoga, gentle walking, stretching, or foam rolling in place of your usual workouts on the Thursday and Friday before the test.

Eat More Carbs

Starting 3 days before the test, increase your servings of fruit, whole grains, potatoes, peas, corn by ½ to 1 cup. You will be working at maximum effort for 10-15 minutes, so your body's primary fuel source will be carbs.

Stay Hydrated ALL Week

Drink a minimum of 64 ounces of water per day the week of the test. This is especially important the day before the test. Pick up a bottle with a straw or aim to drink 4, 16 oz bottles throughout the day.

Eat a "Normal" Meal

The day before and morning of, focus on foods you typically eat before a hard workout. This meal should be easy to digest and will not cause bloat.

Wake up 1-2 Hours Early

Give yourself enough time to eat, drink at least 16 oz of water, and digest.

Have Some Caffeine (If Desired)

100-200mg caffeine from 8-16 oz coffee or tea is a better way to boost your energy day of. Just be sure to have water available!

Have 16-32 oz of Water Within 1 hour Post-Test

Slowly consuming 16-32 oz of water the hour after the test will return your hydration status to normal.

DINNER *the night before*

- Add one extra serving of carbs (1/2 cup rice/pasta/potatoes/peas/corn, 1 slice bread)
- Make sure you get at least 1 serving (1 cup) of vegetables at dinner

Quick Ideas (30 minutes or less)

- **English Muffin/Bagel Pizzas** (1-2 English muffins cut in half, top with pizza sauce and mozzarella cheese)
- **Taco Bowl** (season lean ground turkey with taco seasoning + ½ c brown rice + ½ c beans + fajita veggies)
- **Turkey Burger** (frozen turkey burger + whole grain bun + tomato + avocado + jack cheese)
- **Caprese Chicken Sandwich** (grilled chicken + mozzarella cheese + basil pesto + whole wheat bun)
- **Salsa Eggs** (3-4 eggs/egg whites + 2 Tbsp salsa + ¼ cup cheese + 1/4 cup black beans)
- **Shrimp Stir Fry** (shrimp + frozen stir fry vegetables + soy or stir fry sauce + brown rice)
- **Chili** (Combine 1 pound of lean ground turkey, 1 bag shredded carrots, 1 can drained spicy pinto or kidney beans, 1 cup chopped onion, 1 cup chopped green pepper, 1 chopped tomato, 1 cup chopped celery, 1 bottle low-sodium tomato juice, 2 tablespoons chili powder, and 1 tablespoon garlic powder. Simmer 30 minutes until the veggies are tender.)
- **Pasta bowl** (1 to 1½ cup whole grain pasta + steamed frozen vegetables + ½ cup pasta sauce + chicken)
- **Stuffed sweet potatoes** (stuff a baked sweet potato with beans, cheese, corn, salsa, chicken or whatever you have on hand. Top with Sriracha or a chipotle sauce)

Better Fast Food Options

- Chipotle Burrito Bowl (1 scoop chicken, 1 scoop brown rice, 1 scoop beans, double fajita veggies, double salsa, sprinkle of cheese)
- Subway Oven Roasted Chicken on Multigrain with baked chips or apples

BREAKFAST – DO NOT SKIP

- Allow at least one hour to digest
- Aim for a protein, carb (whole grain or fruit), and healthy fat
- **AVOID** – high fat or high fiber foods (ex. Biscuits, fiber-one bars, hash browns etc.)

Ideas:

- Egg sandwich (English muffin + cheese)
- Whole grain toast with peanut butter and banana
- Whole grain frozen waffles with fruit or low sugar syrup
- Peanut butter banana roll-up (1 whole grain tortilla + 1 sliced banana + 2 tbsp. chocolate chips)
- Egg in a mug with whole grain toast (microwave an egg and chopped veggies in a microwave safe mug for 60 seconds until cooked through)
- Reese's oatmeal = 1 cup oats + 1 cup chocolate almond milk + 1 tbsp peanut butter + 1 banana
- Overnight oats (www.huffingtonpost.com/entry/overnight-oat-recipes)
- Oatmeal with fruit and nuts
- Whole grain cereal (1 cup dry or with milk, Total, Wheaties, Mini Wheats)
- Homemade protein shake or smoothie
 - Megan's go-to = 1 banana + 1 c almond milk + ½ scoop protein powder + 3 oz spinach + 1 Tbsp PB)

Lighter Options (be sure to bring a snack for right after the test if you cannot stomach much before):

- Whole grain granola bar (Natures Bakery Fig Bars, Kind bars)
- Apple or banana with peanut butter
- String cheese and fruit
- Greek yogurt with fruit or granola

Contact Megan Lutz, MS, RDN, CSCS, TSAC-F for more information - megan.lutz@gmail.com





FAST FOOD SURVIVAL GUIDE

- 1. Keep portions small:** resist the urge to super size and pick the small or kiddie burger size.
- 2. Choose healthier sides and dips:** load up on healthier sides like apple or orange slices, a baked potato, a fruit and yogurt parfait, steamed rice, or baked potato chips. Opt for low-fat dressings, balsamic vinaigrette, or oil and vinegar.
- 3. Go bun-less:** ask for an open-faced or take off half the bun on burgers or sandwiches.
- 4. Have a salad:** as a full meal with grilled chicken or shrimp or as a side. Avoid excess calories by throwing away the croutons, crunchy noodles, cheese, croutons, and full fat dressing.
- 5. Watch what you drink:** order water, diet soda, unsweetened iced tea, or sparkling water.
- 6. Ask for grilled, steamed, or broiled entrees:** avoid crispy or fried as much as possible.
- 7. Customize your meal:** do not hesitate to ask for substitutions. Ask for no bun or bread, no condiments, or to add veggies when possible.

MCDONALDS				
Egg White Delight McMuffin				
260 Cal	8g Fat	29g Carb	16g Pro	2g Fiber
Fruit & Maple Oatmeal (no brown sugar or cream)				
240 Cal	2.5g Fat	48g Carb	6g Pro	5g Fiber
Artisan Grilled Chicken Sandwich				
380 Cal	7g Fat	44g Carb	37g Pro	3g Fiber
Southwest Grilled Chicken Salad (no tortilla strips or lime glaze)				
260 Cal	7g Fat	15g Carb	36g Pro	5g Fiber
Sides – apple slices, Cuties, Go-GURT, side salad				

WENDYS				
Breakfast – egg sandwich with no hollandaise sauce and no bacon, steel cut oats with no brown sugar				
Grilled Chicken Wrap (with red onion and tomato)				
270 Cal	10g Fat	24g Carb	20g Pro	2g Fiber
Grilled Chicken Sandwich				
360 Cal	8g Fat	38g Carb	35g Pro	3g Fiber
Large Chili				
250 Cal	7g Fat	23g Carb	23g Pro	5g Fiber
Sides – apple slices, plain baked potato, side salad				

CHICK-FIL-A				
Egg White Grill				
300 Cal	7g Fat	35g Carb	25g Pro	1g Fiber
Grilled Chicken Nuggets (8 count)				
140 Cal	2.5g Fat	2g Carb	25g Pro	0g Fiber
Grilled Chicken Sandwich (on multigrain bun)				
310 Cal	6g Fat	36g Carb	29g Pro	3g Fiber
Market Salad with Grilled Chicken				
200 Cal	6g Fat	15g Carb	25g Pro	4g Fiber
Sides - fruit cup, superfood side, chicken soup, side salad				

SUBWAY				
Breakfast – ham, egg, and cheese; steak, egg, and cheese; egg and cheese. Tip – load up on veggies				
Turkey Breast on Multigrain (6in, with cheese)				
230 Cal	7g Fat	47g Carb	20g Pro	5g Fiber
Oven Roasted Chicken on Multigrain (6in, with cheese)				
245 Cal	8g Fat	46g Carb	25g Pro	5g Fiber
Oven Roasted Chicken with Vinaigrette				
396 Cal	12g Fat	14g Carb	19g Pro	4g Fiber
Sides – apple slices, baked chips, black bean soup, chicken noodle soup				

TACO BELL (order “Fresco”)				
Black Bean Burrito (with salsa, onions, cheese. No rice)				
400 Cal	10g Fat	63g Carb	16g Pro	13g Fiber
Chicken and Bean Soft Taco (w/salsa, onions, cheese. No rice)				
250 Cal	9g Fat	29g Carb	14g Pro	7g Fiber
Grilled Steak Soft Taco (no avocado ranch)				
170 Cal	6g Fat	16g Carb	12g Pro	1g Fiber
Power Menu Chicken Bowl (no sour cream or avocado ranch)				
450 Cal	15g Fat	51g Carb	27g Pro	8g Fiber
Sides – black beans, guacamole, onions, salsa, pico de gallo, seasoned rice				

CHIPOTLE				
Chicken Burrito Bowl (chicken, brown rice, black beans, fajita vegetables, salsa, lettuce)				
570 Cal	14.5g Fat	65g Carb	45g Pro	12g Fiber
Sofritas Taco Salad (black beans, salsa, vinaigrette)				
535 Cal	27.5g Fat	52g Carb	18g Pro	13g Fiber
Chicken Soft Tacos (chicken, corn tortilla, black beans, fajita vegetables, salsa, lettuce)				
570 Cal	10g Fat	71g Carb	44g Pro	13g Fiber
Sides – extra fajita vegetables, extra salsa, extra black beans (note: pinto beans have bacon = high in fat)				

SMOOTHIE KING				
Gladiator Chocolate, Vanilla, or Strawberry Smoothie (20oz)				
180 Cal	0g Fat	1g Carb	45g Pro	--g Fiber
Almond Mocha High Protein, Skinny Smoothie (20oz)				
320 Cal	12g Fat	25g Carb	31g Pro	3g Fiber
Vanilla Coffee High Protein, Skinny Smoothie (20oz)				
370 Cal	12g Fat	24g Carb	31g Pro	3g Fiber
Original High Protein Pineapple Smoothie (20oz)				
320 Cal	9g Fat	30g Carb	27g Pro	4g Fiber
Tip – add kale or carrot juice				

POPEYES				
Chicken & Sausage Jambalaya				
220 Cal	11 g Fat	20g Carb	10g Pro	1g Fiber
Naked Chicken Wrap				
200 Cal	6 g Fat	--g Carb	--g Pro	1g Fiber
Sides – corn on the cob, red beans and rice, cajun rice, green beans				

DUNKIN’ DONUTS				
Turkey Sausage Wake-Up Wrap				
280 Cal	18g Fat	13g Carb	15g Pro	1g Fiber
Egg & Cheese Wake-Up Wrap				
180 Cal	11g Fat	13g Carb	8g Pro	1g Fiber
Egg White Veggie Wake-Up Wrap				
190 Cal	11g Fat	14g Carb	11g Pro	1g Fiber
Ham, Egg & Cheese Wake-Up Wrap				
200 Cal	11g Fat	14g Carb	10g Pro	1g Fiber

PANERA BREAD				
Avocado, Egg White & Spinach Breakfast Sandwich				
410 Cal	14g Fat	52g Carb	16g Pro	12g Fiber
Turkey Sausage, Egg White & Spinach Breakfast Sandwich				
380 Cal	11 Fat	45g Carb	6g Pro	17g Fiber
Turkey Breast Sandwich on Whole Grain (half sandwich)				
280 Cal	9g Fat	32g Carb	11g Pro	9g Fiber
Strawberry Poppyseed Salad with Chicken				
340 Cal	13g Fat	31g Carb	25g Pro	6g Fiber
Mediterranean Veggie Sandwich on Tomato Basil (whole)				
440 Cal	13g Fat	65g Carb	18g Pro	6g Fiber
Roasted Turkey & Avocado BLT on Sourdough (whole)				
650 Cal	34g Fat	50g Carb	25g Pro	29g Fiber
Sides – fruit cup, whole grain roll, chicken noodle soup, garden vegetable soup , black bean soup				

JERRY’S SUBS & PIZZA				
Grilled Chicken Salad with Fat-Free Ranch				
275 Cal	8g Fat	16g Carb	23g Pro	16g Fiber
Small Chicken Philly				
350 Cal	13g Fat	37g Carb	23g Pro	3g Fiber
Regular Grilled Chicken Sub				
552 Cal	8g Fat	76g Carb	41g Pro	6g Fiber
Regular Veggie Melt				
526 Cal	15g Fat	75g Carb	24g Pro	7g Fiber
Veggie Pizza (8 inch/small, “best” pizza option)				
552 Cal	21g Fat	99g Carb	23g Pro	12g Fiber
Sides – side salad				

Created by Megan Lutz, MS, RDN, LDN



COOLER MEALS

Preparing your meals saves time, money, and sanity. But what can you eat when you know you'll be in the car or training all day, with no microwave in site? Pack your cooler with these quick and delicious meals, of course!

Wraps

Grilled Veggie and Hummus Wrap

600 cal 37g pro 43g carb 32g fat 12g fiber
Sauté red onion, red bell pepper, and eggplant slices in 1 Tbsp olive oil. Spread 2 Tbsp hummus on 1 whole grain flatbread or wrap. Sprinkle with 1 Tbsp feta cheese and chopped parsley.

Caprese Chicken Wrap

440 cal 30g pro 33g carb 23g fat 5g fiber
Top a whole grain flatbread with 1 sliced tomato, 1 oz mozzarella cheese, 3 oz rotisserie chicken, and a few torn basil leaves. Sprinkle with black pepper, ½ Tbsp olive oil and ½ Tbsp white wine vinegar.

Chicken Caesar Wrap

425 cal 32g pro 40g carb 16g fat 5g fiber
Combine ½ Tbsp lemon juice, ½ Tbsp low fat mayo, 1 Tbsp shredded parmesan cheese and 1 minced garlic clove. Spread on a whole grain wrap and top with 4 oz grilled chicken. Sprinkle with black pepper and wrap.

Pro Tip

- Soggy wrap? Create a lettuce barrier between the tortilla and wrap ingredients.
- Save on the rotisserie chicken. Toss 5 boneless chicken breast and ¼ cup broth in a crockpot, cook on low for 8 hours and shred.

Turkey Cobb Flatbread Wrap

323 cal 26g pro 33g carb 11g fat 7g fiber
Spread 1 Tbsp low fat blue cheese dressing on 1 whole grain flatbread. Add 2 oz think sliced roasted turkey, ¼ cup chopped to tomato, ¼ cup shredded romaine, and ¼ avocado. Roll up tightly and enjoy.

Mango Chutney Chicken Wrap

410 cal 32g pro 74g carb 18g fat 5g fiber
Combine 1 Tbsp Greek yogurt, ½ tsp curry powder, 1 Tbsp mango chutney and a sprinkle of black pepper, spread on 1 whole grain naan bread. Top with ½ spring mixed greens and 4 oz rotisserie chicken. Wrap tightly and enjoy.

Greek Salad Pita Pocket

400 cal 13g pro 45g carb 20g fat 7g fiber
Fill a whole wheat pita with 1 Tbsp olive oil, 1 Tbsp red wine vinegar, 1 plum tomato, ¼ cup diced cucumber, ¼ sliced red onion, ¼ cup chopped green bell pepper, ¼ cup feta cheese, and 1 Tbsp chopped parsley. Add chicken if desired.

Avocado Chicken Salad Wrap

250 cal 15g pro 23g carb 21g fat 5g fiber
Makes 4 wraps. Combine ½ cup non-fat plain Greek yogurt, 1 mashed avocado, 1 cup cooked chicken, ½ tsp salt, 1/8 tsp pepper, ½ tsp garlic powder, ½ cup chopped celery, ¼ cup diced red onion, 1 tsp lime juice, and ¼ cup chopped grapes.

Super Sides

Fruit

- Whole fruit
- Apple sauce pouch
- ¼ c dried fruit
- Fruit cups or canned fruit in 100% juice

Veggies

- Carrots and hummus
- Snap peas, cucumbers, celery, bell peppers
- Low sodium olives
- Salsa

Grains

- Whole grain crackers
- Popcorn
- Mini rice cakes
- Low sugar, whole grain banana bread

Dairy/Protein

- Cheese stick
- Low sugar yogurt
- Peanut butter
- Tuna
- Nuts

Green Salads

Avocado Caprese Salad

350 cal 10g pro 10g carb 25g fat 8g fiber
Combine 2 cups arugula or spring mix, 1 sliced Campari tomato, half of an avocado (sliced), and 1 oz mozzarella. Toss with 1 Tbsp olive oil, 1 Tbsp balsamic vinegar, and 1 Tbsp fresh basil.

Cranberry Walnut Salad

460 cal 21g pro 32g carb 30g fat 11g fiber
Combine 2-3 cups romaine lettuce, 3 Tbsp low sugar dried cranberries, 3 Tbsp chopped walnuts, and 3 oz chicken. Toss with 1 Tbsp olive oil and 1 Tbsp balsamic vinegar.

Italian Salad with Chicken

250 cal 19g pro 6g carb 17g fat 2g fiber
Combine 2-3 cups chopped romaine lettuce, ½ chopped roma tomato, ½ onion (sliced), and 1 Tbsp parmesan cheese. Toss with 1 Tbsp olive oil, 1 Tbsp red wine vinegar, and ½ tsp Italian seasoning. Add 3 oz chicken if desired.

Margarita Chicken Salad

370 cal 21g pro 25g carb 22g fat 6g fiber
Combine 2 cups romaine lettuce with ¼ cup chopped tomatoes, ¼ cup chopped bell pepper, ¼ cup black beans, ½ chopped red onion, ¼ cup corn, and 3 oz chicken. Toss with 1 Tbsp olive oil, ½ Tbsp lime juice, ½ tsp agave nectar, and a pinch of cilantro/salt/pepper/cumin.

Grain Salads

Mexican Pasta Salad with Avocado Dressing

1 cup 290 cal 8g pro 37g carb 13g fat 6g fiber
Blend ½ avocado, ¼ cup light mayo, 2 Tbsp lime juice, 1 clove garlic, ½ tsp salt, and ¼ tsp cumin. In a bowl, combine 3 cups cooked whole wheat fusilli pasta, 1 cup halved cherry tomatoes, ½ cup black beans, ½ cup corn, ½ cup shredded cheddar cheese, ¼ diced red onion, and ¼ cup fresh cilantro. Toss with dressing and enjoy.

Pear Quinoa Salad

¾ cup 250 cal 7g pro 29g carb 13g fat 5g fiber
Microwave 1 pouch quick cooking quinoa according to package directions. Add 2 tbsp olive oil, 1 Tbsp pear or balsamic vinegar, ¼ cup fresh chives, ¼ tsp salt and pepper, 2 diced ripe pears, and ¼ cup chopped walnuts or pecans. For extra protein, add shredded chicken. Enjoy hot or chilled.

Something Sweet

Chocolate Banana Overnight Oats

285 cal 8g pro 48g carb 8g fat 9g fiber
In a mason jar, combine ½ cup rolled oats, ½ Tbsp cocoa powder, 1/8 tsp cinnamon, 1 tsp chia seeds, ¼ tsp vanilla extract, ½ cup almond milk, and ½ chopped banana. Stir and sit in fridge overnight. Add additional sweetener or almond milk to taste.

Peanut Butter Banana Roll Up

465 cal 14g pro 69g carb 19g fat 9g fiber
Spread 2 Tbsp creamy peanut butter on a 8-10 inch whole grain tortilla. Top with 1 sliced banana and sprinkle with 2 Tbsp granola. Roll up and enjoy!

Pumpkin Spice Overnight Oats

270 cal 10g pro 41g carb 12g fat 10g fiber
In a mason jar, combine ¼ cup quick oats, ½ cup almond milk, 2 tbsp pumpkin butter, 1 tsp chia seeds, cinnamon, pumpkin pie spice, and ½ chopped banana. Stir and sit in fridge overnight. Add additional sweetener or almond milk to taste.

Fruit Dip

90 cal 3g pro 19g carb 0g fat 0g fiber
Combine 32 oz vanilla light and fit yogurt, 1 8 oz nonfat cool whip, and 1 packet no sugar added vanilla pudding. Serve with fruit. Makes 5 cups, serving size is ½ cup.



WHAT WILL YOU CHANGE?

24 Hour Diet Recall

Include portion sizes and times if possible

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6

Weekly Exercise Log

Write out your current exercise routine. Include length, type of exercise, and step count if possible.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

- Are you exercising at least 3x/week for 30 minutes per session?
- Are you eating protein at each meal?
- Are you getting 2 servings (1/2 cup) of fruit per day?
- Are you eating 3 servings (1/2 cup) of vegetables per day?
- If you eat bread/rice, is it whole grain most of the time?
- Are you eating any fish, chia seeds, flaxseed, walnuts (omega 3s)?
- Are you drinking at least 64 ounces of water per day?
- Are you sleeping 7-9 hours per day?

AWESOME! AIM TO CHECK ALL OF THESE OFF

- Are you eating more than 6oz red meat (beef, pork, lamb) per day?
- Are you eating more than 1 serving of processed meats (2 slices/links of bacon or sausage)?
- Are you drinking more than 1-2 alcoholic beverages per day?
- Are you drinking more than 1 full sugar beverage per day?
- Are you adding more than 2 Tbsp of creamer to your TOTAL daily coffee?
- Are you drinking more than 1 energy drink (red bull, 5 hour energy, monster, pre-workout supplement) per day?
- Are you overeating at night? (to the point of nausea)
- Do you have more than one serving of candy or chips per day?

AIM TO ELIMINATE AS MANY CHECKS AS POSSIBLE

What will you change this week?

- 1) _____
- 2) _____
- 3) _____