

A perfect day of eating



gwinnettcounty
Cooperative Extension
Education Resource

7:00am – Breakfast

After a full seven or eight hours without food, your body craves a healthy dose of high-quality protein. Start your day right with at least 30 grams (g), along with plenty of slow-digesting carbs.

Because your carbohydrate stores are low after an overnight fast, there's no better time to refuel. Just make sure your carbs come primarily from fruit and 100 percent whole-grain sources.

Protein-Packed Oatmeal

- Prepare: 1 package *Nature's Path Instant Flax 'N Oats*
- Mix in a scoop strawberry whey-protein powder (Choose a product that's 100 percent whey protein, such as Optimum Nutrition 100 percent *Whey Gold Standard*; optimumnutrition.com)
- 3 Tblsp 1 percent Milk

Have on the side:

- 1 medium pear
- 2 cup green tea or coffee (sweetened with Splenda)

(472 calories, 32g protein, 76g carbohydrates, 8g fat (1 g saturated), 9g fiber)

10:00am – Midmorning Snack

Eating protein-and fiber-rich meals or snacks every two to three hours helps keep your blood sugar levels normal. This not only improves your body's ability to burn fat, but also reduces risk factors for heart disease by lowering cholesterol and triglycerides. Frequent eating also prevents afternoon binges on useless calories, like the left over Krispy Kremes from your morning staff meeting.

Grapes, Cheese, and Ham

- 1 ½ cups seedless grapes
- 2 slices fat-free American cheese singles
- 4 ounce *Healthy Choice* ham slices

(352 calories, 28g protein, 51 carbohydrates, 4g fat (1g saturated), 2g fiber)

Noon – Lunch

Tuna Sandwich

- 2 slices 100 percent whole-wheat bread
- 1 3 oz can *Starkist Premium Chunk Light Tuna* in water
- 1 Tbsp *Hellmann's Light Mayonnaise*
- 1 Tbsp mustard
- 1 lettuce leaf
- 2 slices tomato
- 1 tsp chopped onions
- 1 Tbsp chopped celery

Have on the side:

- 1 oz Planters mixed nuts

(506 calories, 45g protein, 41g carbohydrates, 17g fat (2g saturated), 7g fiber)

3:00pm – Mid-afternoon snack

As the day goes on, your ability to utilize carbohydrates for energy decreases, boosting the likelihood that they'll be stored as fat. So late afternoon is a good time to start downsizing your carb intake and increasing the amount of healthy fat you consume. This also leads to fewer total carbohydrates in your daily diet, which speeds fat loss, according to multiple studies over the past five years.

Cheese Sticks and Nuts

- 2 sticks 2 percent fat string cheese
- 3 oz walnuts

(307 calories, 24g protein, 5 g carbohydrates, 24g fat (6 saturated), 2g fiber)

6:00pm – Dinner

Your sense of satiety, or feeling of fullness, is less sensitive in the evening than in the morning, which may help explain why you crave foods like ice cream at night. It's also another reason it makes sense to eat a dinner that's high in protein and healthy fat, both of which keep you full longer than carbohydrates do.

Pan-fried salmon with broccoli and beans

- Panfry: one 5 ½ oz salmon fillet (in 2 Tbsp olive oil preheated in a nonstick skillet) on medium-high heat for four minutes
- Turn and fry for another five minutes. Season with fresh lemon juice and dill

Have on the side:

- 2 c steamed broccoli (*measured raw*)
- ½ can dark-red kidney beans (*Wash thoroughly, then serve without cooking*)

9:00pm – Before-Bed Snack

Slow-absorbing proteins such as casein—the type of protein found in dairy products—deliver a steady supply of amino acids to muscle cells while you sleep, protecting your hard-earned muscle.

Protein Pudding

- Mix together; then chill for 1 hour: 1 scoop chocolate whey-protein powder
- 6 oz 1 percent milk
- 1 tsp sugar-free Jell-O pudding mix

(239 calories, 33g protein, 17g carbohydrates, 4g fat (1g saturated), 1g fiber)