



Your.Food.Strategy.

PERSONALIZED WEIGHT LOSS

Coach's Recommended Products:

Outshine Fruit Bars by Nestle: Frozen fruit bar is a nice snack. Do not get the cream bar version because they are twice as many calories and has 3 grams of Fat. If you get the sugar free version, remember it has Sorbitol and Sucralose. Regular is best.

Froozer Frozen Fruit Snack Bars (do not get version with veggies)

Ezekiel Bread: This is found in the frozen food case and is made by Food For Life (visit their web site to see your nearest store). It is a healthy sprouted grain bread and comes in a few varieties. Other allowed sprouted grain breads are Manna's Sunseed Bread and Dave's Killer Bread Sprouted Wheat.

Smucker's Low Sugar Preserves: You can put a teaspoonful of this on each piece of Ezekiel toast. Since it only has 25 calories and 5 grams of sugar per serving, it is only 17 calories for 2 teaspoons. There are a few other brands that are similar, just make sure the sodium and sugar contents are low. Do not get products with artificial sweeteners

Stevia Sweetener: Use this as a sweetener while in your losing phase. It is a natural sweetener made from the stevia leaf. Once you are in your maintenance phase, you can enjoy honey and coconut palm sugar as sweeteners.

Old El Paso Taco Sauce: Very Low in calories, sugar and sodium. Use it to flavor ground turkey or chicken and in vegetarian dishes. There are other products out there that are similar. Make sure the sugar content is 5 grams or under per serving and the sodium is 100 mg or under per serving.

Valentina Mexican Hot Picante Sauces and Salsa's: Seasonings without a lot of added calories, sugars, and salts. Make sure to check the label for correct serving size.

Trader Joe's Brand No Salt Fire Roasted Tomato Salsa: They have some other low sugar, low salt items that are very healthy.

Tera's Whey Protein Shake: comes in many flavors and is good when you are too busy to make a real meal. Mix with alternative milk or water.

Mrs. Dash Seasonings: Make sure they are sodium free. They make an amazing variety.

Sunsweet Light Prune Juice: you can drink an 8-ounce glass of this in exchange for a fruit if you feel you are getting constipated.

Skinny Pop popcorn or Similar Brands: Recommend the single serving size bags so you won't be tempted to eat more than 1 serving.

Sriracha Sauce: Check the brands to make sure they fit the sodium guidelines.

Mustard is a nice condiment and most fit the guidelines.

Pasta Sauce: I prefer to make my own pasta sauce and freeze it in 2 cup serving sizes simply because I can't find any reasonably priced brands that fall within the sodium limits. NO sugar in ingredients

Salad Dressing: I make salad dressing from fresh ingredients using herbs, seeds, olive oil, mustard, balsamic vinegar, apple cider vinegar, garlic, onion and a variety of other items.

Yonanas Frozen Dessert Maker: Available on-line and at Bed, Bath, & Beyond. Use frozen fruit to make soft serve dessert.

TruBiotics- Helps support digestive health. Great product if you are having problems with constipation.

Coconut Aminos from Coconut Secret-Available online. Perfect replacement for soy sauce (which is high sodium)

EatSmart Precision Scale Model ESBS-01- If you need a new scale, this is a very basic model and has good ratings on Amazon at a cost of about \$23 plus shipping.