

# Busy Bee Meal Plan

## Breakfast Options

### Carrot Cake Oatmeal Breakfast Bars

*Makes 16 Bars*

#### Ingredients

2½ cups rolled oats  
1 tsp. baking powder  
2 tsp. cinnamon  
¼ tsp. nutmeg  
¼ tsp. sea salt  
1 egg  
1 cup Silk Protein Nutmilk (or milk of choice)  
¼ cup coconut oil, melted and cooled slightly  
⅓ cup maple syrup  
1 tsp. vanilla  
½ cup grated carrots

#### Instructions

Preheat oven to 350 degrees F.

In a large bowl, whisk together oats, baking powder, cinnamon, nutmeg and sea salt. Set aside.

In a separate bowl, whisk together egg, milk, coconut oil, maple syrup and vanilla and stir until well-combined.

Pour the wet ingredients in with the dry ingredients, mixing until just combined then fold in the shredded carrots.

Pour oat mixture into a prepared 8x8-inch baking dish and bake in the oven for 35 to 40 minutes, or until a toothpick inserted in the center comes out clean. Let the carrot cake bars sit for 5 minutes then remove from pan and let cool completely on a wire rack.

While the bars are cooling, mix together cream cheese, maple syrup and vanilla and whip until smooth. Feel free to add a teaspoon of milk if you like a creamier frosting!

Slice the bars into 16 pieces and drizzle the cream cheese frosting over top, enjoy!  
CALORIES PER BAR: 125kcal

#### For the Frosting:

½ cup (4 oz) less-fat cream cheese, softened (use vegan cream cheese if dairy-free!)  
1 Tbsp maple syrup  
½ tsp. vanilla



## Ginger Detox Smoothie

### Ingredients

1 cup baby spinach leaves, packed  
2 cups frozen peaches  
½ ripe banana  
1 Tbsp grated ginger  
¼ cup plain Greek yogurt  
1 packet no-calorie sweetener  
1 cup coconut water (or liquid of choice)  
Ice (optional)



*Running in a Skirt*

## Strawberry Chia Overnight Oats

*Makes 1 serving*

### Ingredients

2½ cups rolled oats  
1 tsp. baking powder  
2 tsp. cinnamon  
¼ tsp. nutmeg  
¼ tsp. sea salt  
1 egg  
1 cup Silk Protein Nutmilk (or milk of choice)  
¼ cup coconut oil, melted and cooled slightly  
⅓ cup maple syrup  
1 tsp. vanilla  
½ cup grated carrots

**For the jam** (you won't use all of it):

1 cup strawberries, chopped  
1 Tbsp honey (or maple syrup)  
1 Tbsp chia seeds

**Optional toppings:**

Strawberry chia seed jam  
Sliced strawberries  
Granola



### Instructions

In a jar or bowl, combine oats, nut milk, chia seeds, honey (or maple syrup if vegan), vanilla and jam, mixing well.

Cover tightly with a lid or plastic wrap and refrigerate overnight.

To make the jam, add chopped strawberries to a small saucepan over medium heat and stir occasionally until they become syrupy, about 5 minutes. Mash the strawberries using a potato masher or the back of your spoon and remove from heat. Add honey (or maple syrup) and chia seeds, mixing well, and let sit for about 5 minutes to thicken up.

Top overnight oats with a dollop of jam, sliced strawberries, and granola. Enjoy!

CALORIES: 261kcal

## Veggie Egg Muffins

*Makes 12 servings*

### Ingredients

1 Tbsp olive oil  
½ yellow onion, chopped  
2 cloves garlic, minced  
½ zucchini, shredded  
1 red bell pepper, chopped  
8 large eggs  
2 cups arugula, roughly chopped  
¼ cup shredded Parmesan cheese  
Salt and pepper, to taste



### Instructions

Preheat oven to 375 degrees F. Coat a muffin tin with spray and set aside. In a large skillet on medium heat, drizzle olive oil and saute onion and garlic for about 4 minutes until tender and fragrant. Add in zucchini and red bell pepper, cooking an additional 2 minutes. Fill each muffin tin about ¾ full with veggie mixture. In a large bowl, whisk together eggs, arugula, cheese and salt/pepper and fill each muffin tin evenly, being careful not to over-fill. Bake muffins for about 20 minutes, until they've risen and are slightly browned. Enjoy!  
CALORIES PER MUFFIN: 75kcal

## Protein Breakfast Muffins

*Makes 12 servings*

### Ingredients

¼ cup plain Greek yogurt	1 cup grated zucchini
¾ cup unsweetened applesauce	¾ cup whole wheat flour
½ cup brown sugar	¾ cup all purpose flour
1 egg	¼ cup protein powder (I used Perfect Fit)
½ tsp. vanilla extract	2 tsp. baking powder
1 cup grated carrot	1 tsp. cinnamon
	½ tsp. nutmeg
	½ tsp. salt

### Instructions

Preheat oven to 400 degrees F. In a large bowl, whisk together yogurt, applesauce, brown sugar, egg and vanilla. Add in grated carrot and zucchini and set aside. In a separate bowl, whisk together flour, protein powder, baking powder, cinnamon, nutmeg and salt. Fold in dry ingredients with the wet and mix until just combined. Spoon mixture into greased muffin cups, filling to the top, and bake for 18 minutes to 20 minutes. Enjoy! CALORIES: 118kcal/muffin

## Spinach and Egg White Omelette

*Makes 1 serving*

### Ingredients

3 egg whites  
Handful of spinach (about ½ cup)  
½ cup onion  
4 or 5 grape tomatoes  
Salt and pepper, to taste

### Instructions

Preheat the oven to 400 degrees F. Spray a medium skillet with cooking spray and saute your chopped onion for 3 to 4 minutes, until translucent. Add your spinach and saute until just wilted.

Place spinach-onion mixture in a small glass dish (or you can use a small skillet) and crack 3 egg whites over top. Season with a bit of salt and pepper, add sliced tomatoes and bake in oven for 17 minutes. Serve with fresh fruit and enjoy!

CALORIES: 70kcal



## Breakfast Casserole

*Makes 12 servings*

### Ingredients

12 oz reduced fat pork sausage	1 ½ tsp mustard
1 medium onion	1 tsp salt
2 eggs	¼ tsp pepper
4 egg whites	8 slices whole wheat bread, cubed
2 cups fat-free milk	2 cups (8oz) shredded reduced-fat cheddar cheese

### Instructions

The night before, cook sausage and onion over medium-high heat in a nonstick skillet until sausage is no longer pink. Drain and cool.

In a large bowl, beat the eggs, egg whites, milk, mustard, salt and pepper. Stir in the bread cubes, cheese, and sausage mixture. Pour into a 13X9 inch baking dish coated with cooking spray. Cover and refrigerate overnight.

Remove from the refrigerator 30 minutes before baking. Bake, uncovered, at 350 degrees F for about 35-40 minutes. Let stand for 5 minutes and enjoy!

CALORIES: 211 kcal/serving

# Lunch & Dinner Options

## Sweet Potato and Black Bean Quinoa Bake

*(GF, Dairy Free, Vegan) makes 6 servings*

### Ingredients

4 cups sweet potatoes (1/2-inch cubes)  
1 (15 oz) can black beans, drained and rinsed  
1 cup uncooked quinoa, rinsed  
1 cup frozen corn, thawed  
2 cups vegetable broth  
1 tsp. chili powder

1 tsp. chili powder  
2 tsp. cumin  
1 tsp. garlic salt  
½ tsp. dried thyme  
½ cup green onions, chopped

### Instructions

Preheat oven to 375 degrees F.

Combine all ingredients, except for the green onions, in a 9x13 baking dish sprayed with cooking spray and bake, covered with tin foil, for 45 minutes.

Remove tin foil and continue baking for an additional 15 to 20 minutes until liquid is mostly absorbed and the potatoes are tender.

Remove from oven and let the casserole sit for 5 minutes so that any remaining liquid can be fully absorbed and sprinkle with green onions. Serve and enjoy!

CALORIES: 273kcal/per 1 ¼ cup

## Tumeric Ginger Grilled Chicken

*makes 4 servings*

### Ingredients

4 boneless, skinless chicken breasts  
½ cup canned coconut milk  
1 Tbsp olive oil  
2 cloves garlic  
1 tsp. turmeric

1 Tbsp ginger, grated  
1 tsp. ground coriander  
½ tsp. cumin  
½ tsp. salt  
1 Tbsp fresh lime juice

## Instructions

Place chicken in a large ziplock bag or bowl.

To make the marinade, whisk together coconut milk, olive oil, garlic, turmeric, ginger, coriander, cumin, salt and lime juice until combined. Pour marinade over top of chicken until completely coated and seal.

Marinate chicken in the fridge for at least an hour, but best overnight.

Pre-heat grill on medium-high heat, making sure to lightly spray with oil to avoid sticking. Grill chicken, covered, for about 5-6 minutes on each side until cooked through and juices run clear.

Top with additional lime juice if desired and enjoy!

CALORIES: 320kcal/serving

## Spaghetti Squash Boats with Spicy Sausage

*makes 4 servings*

### Ingredients

2 ripe spaghetti squash	¼ cup half and half
1 Tbsp olive oil	Pinch red pepper flakes
1 yellow onion, diced	½ tsp. salt
1 clove garlic, minced	½ tsp. pepper
1 lb. ground hot turkey sausage	½ cup part skim Mozzarella cheese, shredded and divided
1 cup low-sodium chicken broth	2 Tbsp basil, thinly sliced
1 (10 oz) can Rotel tomatoes	

### Instructions

To make the spaghetti squash, preheat oven to 350 degrees F and cut squash right down the middle. Scoop out all the seeds and place cut side down on a baking sheet lightly sprayed with oil. **DO NOT PIERCE WITH A FORK!!** Many recipes say to do this, but we are using these cuts of squash later as bowls so you want them to remain intact.

Bake squash in the oven for 45 minutes until tender.

Meanwhile, drizzle oil into a large skillet and saute onion and garlic until fragrant, about 2 minutes. Add turkey sausage and cook until crumbled and lightly brown, draining if necessary, then add chicken broth, tomatoes, half and half, red pepper flakes, salt and pepper. Bring everything to a boil then cover and allow flavors to simmer on low to medium heat until spaghetti squash is ready.

Remove squash from the oven and scrape out all the strands of spaghetti using a fork. Add all the spaghetti squash to your skillet along with a ¼ cup of cheese. Toss well until cheese is melted and squash is fully coated with sauce.

Transfer squash mixture into your now scraped out squash bowls and top with the rest of your cheese. Place them back in the oven for about 3 to 4 minutes until cheese is melted and squash is heated through.

Top with basil, serve and enjoy!

CALORIES: 278kcal/serving

## Easy Turkey Chili

*makes 8 servings*

### Ingredients

2 lbs 99% fat-free ground turkey  
1 yellow onion, chopped  
5 cloves garlic, minced  
1 Tbsp olive oil  
1 (28 oz) can crushed tomatoes, no-salt added  
1 (15 oz) can petite diced tomatoes, no-salt added  
3 Tbsp tomato paste  
½ tsp. hot sauce (I used Texas Pete)

1 (15 oz) can kidney beans, no-salt added, drained and rinsed  
1 red bell pepper, chopped  
1 green bell pepper, chopped  
2 jalapenos, chopped  
1½ tsp. sea salt  
Pinch of pepper  
1 packet Stevia  
3 Tbsp chili powder  
2 tsp. oregano  
⅛ tsp. cayenne pepper

### Instructions

Drizzle olive oil in a large pot and saute onion and garlic until fragrant, about 3 minutes. Add ground turkey and cook until crumbled and brown, draining excess liquid as necessary.

Add all the rest of the ingredients and cook on medium/low heat for about an hour. Enjoy!

CALORIES: 262kcal/serving

## Fish Tacos with Peppers and Onions

*makes 4 servings*

### Ingredients

2 (1/2 inch-thick) slices white onion  
1 (8 oz) package mini sweet bell peppers  
Cooking spray  
¾ tsp. salt, divided

½ tsp. ground black pepper, divided  
4 (5 oz) tilapia fillets  
8 (6-inch) corn tortillas  
1 small jalapeno pepper, thinly sliced  
8 lime wedges (optional)

### Instructions

Preheat grill to high heat. Arrange onion slices and bell peppers on a grill rack coated with cooking spray. Grill onions for 12 minutes, turning occasionally. Remove onions and bell peppers from grill and let stand for 5 minutes. Slice onion rings in half. Thinly slice bell peppers; discard stems and seeds. Combine onion, bell peppers, ¼ tsp. salt, and ⅛ tsp. black pepper in a small bowl. Sprinkle fish evenly with remaining ½ tsp. salt and remaining ¾ tsp. black pepper. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add fish to pan and cook for 3 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.

Warm tortillas according to package directions. Divide fish, onion mixture, and jalapeno slices among tortillas. Serve with lime wedges if desired.

CALORIES PER SERVING: 292kcal/ per 2 tacos

## BBQ Chicken Quinoa Salad

*makes 4 servings*

### Ingredients

1 cup cooked quinoa  
½ cup frozen or fresh corn, thawed  
½ cup black beans, rinsed and drained  
1 cup shredded chicken, cooked  
2 Tbsp barbeque sauce of your choice  
½ avocado, chopped  
2 green onions, chopped  
Salt and pepper, to taste  
Cilantro, as garnish

### Instructions

Cook quinoa according to package directions. Note: Try to pre-cook the chicken in a slow cooker the day before with chopped onion and some BBQ sauce - make sure to plan ahead.

In a large bowl, mix together quinoa, corn, black beans, chicken and barbeque sauce. Fold in avocado, green onions and season with salt and pepper.

Top with a bit of cilantro and enjoy!

CALORIES PER SERVING: 201kcal/ per 1 ½ cup



## Spinach Tomato Pasta

*makes 5 servings*

### Ingredients

¾ lb. whole wheat pasta shells  
1 Tbsp light butter  
1 shallot, thinly sliced  
¼ tsp. crushed red pepper  
1 (5 oz) package baby spinach  
½ cup low-sodium chicken broth  
¼ cup half-and-half  
1 oz. grated Parmesan cheese, divided  
½ tsp. ground pepper  
1 (8 oz) container grape tomatoes, halved lengthwise  
1 Tbsp chopped flat-leaf parsley

### Instructions

Cook pasta according to package directions.

Meanwhile, heat butter in a large skillet over medium-high heat. Add your sliced shallot and crushed red pepper; reduce heat to medium-low, and cook for about 1 to 2 minutes or until translucent.

Add spinach and broth; cover and cook for 1 minute. Add half-and-half, ¾ of the Parmesan cheese and the black pepper. Stir to combine; cook for 3 minutes and remove from heat. Add tomatoes and the cooked pasta; toss. Garnish with parsley and remaining cheese. Serve and enjoy

CALORIES PER SERVING: 321 kcal/ 1 ½ cup serving

## Herb Crusted Pork Chop

*makes 4 servings*

### Ingredients

4 boneless pork chops, fat trimmed  
2 tbsp Dijon mustard

### Instructions

Preheat oven to 450 degrees F.

Rub mustard evenly over pork chops. Combine panko, thyme, parsley, salt and pepper in a large bowl and dredge pork chops in panko mixture.

Heat a large ovenproof skillet over medium-high heat. Add oil to pan and swirl to coat. Add pork chops, saute for 2 minutes or until golden brown.

Turn pork over and place skillet in oven for about 8 minutes or until pork

reaches 145 degrees in the center. Enjoy

CALORIES PER SERVING: 210kcal



## Zucchini Noodles with Avocado Pesto

*makes 8 servings*

### Ingredients

6 large zucchini, spiralized  
1 Tbsp olive oil

### For the Sauce:

2 ripe avocados  
1 cup fresh basil leaves  
3 cloves garlic

¼ cup pine nuts

2 Tbsp lemon juice

½ tsp. sea salt

3 Tbsp olive oil

Cracked black pepper, to taste

### Instructions

Spiralize your zucchini and set aside on paper towels so that any excess water is soaked up.

In a food processor, add avocados, basil leaves, garlic, pine nuts, lemon juice and sea salt and pulse until finely chopped. Then with the motor still running, add olive oil in a slow stream until emulsified and creamy.

Drizzle olive oil in a large skillet over medium high heat then add zucchini noodles, cooking for about 1 to 2 minutes until tender.

Add zucchini noodles to a large bowl and toss with avocado pesto. Season with cracked pepper and a little Parmesan, serve and enjoy!

CALORIES PER SERVING: 214kcal/per 1 ½ cup



# Side Dishes

## Brussels Sprouts with Lemon and Brown Rice

*makes 4 servings*

### Ingredients

1 cup uncooked brown rice  
1¾ cups chicken stock  
4 cups brussels sprouts leaves  
¼ cup lemon juice, about 1 lemon  
Zest of 1 lemon

1 Tbsp olive oil  
1 clove garlic, grated  
¼ tsp. sea salt  
Lots of cracked pepper, to taste  
2 Tbsp parsley, chopped  
2 Tbsp grated Parmesan cheese  
Pecans and cranberries (just a sprinkle)

### Instructions

In a medium saucepan on medium to high heat, bring chicken stock and brown rice to a boil. Cover and allow rice to simmer for about 10 to 12 minutes until rice is cooked and chicken stock is absorbed.

Meanwhile separate leaves from brussels sprouts and place in a large bowl. Whisk together lemon juice, lemon zest, olive oil, garlic, salt and pepper and toss with leaves.

Mix together cooked rice with brussels sprout leaves and add parsley and Parmesan cheese, mixing well.

Add a little more cracked pepper to taste (if needed), top with some pecans and dried cranberries, serve and enjoy!

CALORIES PER SERVING: 264 kcal/ per 1 cup

## Sweet and Spicy Sweet Potato Fries

*makes 4 servings*

### Ingredients

2 medium sweet potatoes, peeled and cut into fries  
2 tsp. cornstarch  
1 Tbsp olive oil  
1 tsp. garlic powder  
½ tsp. onion powder  
½ tsp. oregano  
½ tsp. chipotle chili powder  
1 Tbsp brown sugar  
Sea salt



## Instructions

Once your sweet potatoes are peeled and cut into fries, place them in a large bowl and soak them in cold water for about an hour.

Preheat oven to 450 degrees F and line two baking sheets with foil sprayed with non-stick cooking spray, set aside. Drain sweet potatoes, pat dry and add to a large plastic sealable bag. Add in cornstarch and shake until sweet potatoes are lightly dusted making sure there are no clumps.

Transfer sweet potatoes to a large bowl and drizzle with olive oil, tossing well. In a separate smaller bowl, whisk together garlic powder, onion powder, oregano, chipotle chili powder and brown sugar and slowly sprinkle over the sweet potatoes making sure to coat entirely.

Spread sweet potatoes into a single layer on both baking sheets, making sure they aren't touching each other, and bake for 15 minutes. Using a spatula toss sweet potatoes around on the sheet and spread back out into a single layer. Bake an additional 15 minutes until golden brown.

Pull fries out of the oven and sprinkle (liberally) with sea salt and enjoy!

CALORIES PER SERVING: 105kcal

## Cucumber, Dill, and Red Onion Salad

*makes 4 servings*

### Ingredients

- ¼ cup white wine vinegar
- 1 packet Stevia
- ¼ tsp sea salt
- 2 cucumbers, peeled and sliced
- ½ red onion, thinly sliced
- 2 tbsp chopped fresh dill

### Instructions

In a large bowl, whisk together the vinegar, sweetener, and salt. Toss in the cucumbers, red onion, and dill. Cover and chill for about 30 minutes and enjoy!

CALORIES PER SERVING: 33kcal/per 1 cup



## Sesame-Soy Green Beans

*makes 4 servings*

### Ingredients

1 pound green beans, trimmed	¼ tsp crushed red pepper
1 tbsp sesame oil	1 Tbsp lower-sodium soy sauce
2 garlic cloves, minced	⅛ tsp. salt
¼ tsp crushed red pepper	½ tsp. sesame seeds, toasted

### Instructions

Bring a large saucepan of water to a boil. Add green beans and cook 5 minutes. Plunge beans into ice water and drain.

Heat dark sesame oil in a skillet over medium-high heat. Add minced garlic and crushed red pepper and saute about 30 seconds. Add green beans, soy sauce and some salt. Cook 2 minutes, tossing frequently.

Sprinkle with toasted sesame seeds and enjoy!

CALORIES PER SERVING: 72kcal/per 1 cup

## Snacks & Desserts

## No Bake Peanut Butter Energy Balls

*makes 12 servings*

### Ingredients

1 cup cooked quinoa	⅓ cup peanut butter (or nut butter of choice)
1 cup rolled oats	¼ cup maple syrup
3 Tbsp shredded coconut	1 tsp. vanilla
⅓ cup raisins or dried cranberries	½ tsp. cinnamon
¼ cup sunflower seeds	Pinch of sea salt

### Instructions

Mix all ingredients together in a large bowl or process in a blender until well combined.

Form dough into balls using your hands (about the size of a golf ball) and place on a cookie sheet or small pan (something that will fit in your freezer).

Chill for about 2 hours until firm. Enjoy!

CALORIES PER SERVING: 132 kcal/1 ball

## Guilt Free Oatmeal Raisin Cookies

*makes 20 servings*

### Ingredients

1½ cup old fashioned rolled oats  
1 cup unsweetened coconut flakes  
½ tsp. sea salt  
1 tsp. cinnamon

½ tsp. allspice  
½ cup mixed nuts, finely chopped (Ex: pecans, walnuts and almonds)  
1 cup raisins  
3 ripe bananas, mashed  
¼ cup plain Greek yogurt  
1 tsp. vanilla extract

### Ingredients

Preheat the oven to 350 degrees F. In one bowl, combine rolled oats, coconut flakes, salt, cinnamon, allspice and chopped mixed nuts. Stir in raisins and set aside.

In a smaller bowl, whisk together mashed bananas, Greek yogurt and vanilla extract until smooth and all lumps are gone. Pour over dry ingredients and mix well.

Using a round cookie cutter (or shape with your hands), spoon mixture into the cutter pressing firmly then removing the cutter. Shape should keep form; do this until you have 20 cookies or you run out of batter. Bake at 350 degrees F for about 15 to 20 minutes and enjoy!

CALORIES PER SERVING: 88kcal/ per 1 cookie

## Spicy Lime Salsa

*makes 4 servings*

### Ingredients

1 (14.5 oz) can no-salt-added diced tomatoes  
1 (4.25 oz) can green chilies  
½ cup chopped red onion  
2 cloves garlic, chopped

Juice of 1 lime (about 3 Tbsp)  
½ jalapeno, seeds removed and chopped  
¼ cup cilantro leaves  
¼ tsp. sea salt  
¼ tsp. cumin

### Instructions

Place all ingredients in the bowl of your food processor. Pulse until just combined for chunky salsa or pulse more for smoother salsa.

Store in an airtight container in the fridge until ready to enjoy!

CALORIES PER SERVING: 40kcal/ per ½ cup

## Banana Bread

*makes 12 servings*

### Ingredients

1/2 cup softened butter  
1/2 cup Splenda or sugar substitute  
2 eggs  
1 tsp vanilla extract  
1/2 cup light sour cream  
1 cup mashed bananas  
1 1/2 cup all-purpose flour  
1 tsp baking soda  
1/2 tsp salt



### Instructions

Preheat oven to 350 degrees F

In a mixer, mix together butter and sugar until combined. Then add in eggs and mix well. Next add in vanilla, sour cream, and mashed bananas. While the mixer is on, slowly add in flour, baking soda, and salt until completely combined.

Meanwhile, grease your pans and lightly flour so the bread will not stick. Bake for 45 minutes to 1 hour.

CALORIES PER SERVING: 110kcal/ per 1 slice

## Raspberry Honey Parfait

*makes 2 servings*

### Ingredients

1 cup raspberries  
2 tsp. honey  
1/2 cup non-fat vanilla Greek yogurt  
1/2 cup fat-free Cool Whip  
2 Tbsp granola

### Instructions

Rinse raspberries under cold water, pat dry with a paper towel and place in small bowl.

Drizzle honey over top of the raspberries and gently toss together. Set aside and allow to marinate for about 10 minutes.

In a separate bowl, whisk together yogurt and Cool Whip until light and fluffy. Layer raspberries and yogurt mixture in two serving dishes and top each with a tablespoon of granola. Enjoy!

CALORIES PER SERVING: 144kcal



# Dining Out Guide

## *Smarter Choices, Favorite Fast Food*

### Tips to Remember When Dining Out

- *Drink water with lemon*
- *Stay away from fried or smothered foods*
- *Order Dressing on the side*
- *Always HOLD the bread*
- *Limit Chinese and Mexican.. too much salt*

Most importantly, remember this is to help you reach your weight loss goal! Sacrificing for a short span of time will benefit you in the long run!

### McDonalds

- Egg White Delight
- Stay away from specialty drinks & yogurt
- Ranch Snack Wrap
- Any Premium Salad
- Grilled Chicken Club Sandwich, hold the mayo & cheese
- Side Options: apples or side salad

### Wendy's

- Grilled Chicken Wrap
- Asian Cashew Salad
- Small Chili

### Zaxby's

- Grilled Chicken Salad, Lite Dressing, hold the Texas toast & fried onions
- No fried chicken, wings, or french fries!

## Cheddar's

- Best Appetizer: Edamame
- Grilled Chicken Pecan Salad (hold the cheese, it's not low fat)
- Lemon Pepper Chicken
- Grilled Salmon (lunch portion)
- 8oz. sirloin without onion straws
- Best sides to choose: steamed broccoli and green beans

## Chick-Fil-A

- Grilled Chicken Sandwich
- Grilled Nuggets
- Grilled Chicken Salad
- Side Salad or Fruit
- Avoid fries, creamy sauces and mayo!

## Subway

- Choose a wrap or flat bread instead of bread, mustard not mayo, no cheese and double the meat
- Proteins to choose: egg whites, chicken, turkey or ham
- Choose apples instead of chips

## Outback

- Grilled Chicken, Grilled Shrimp or Ahi Tuna
- Sirloin or New York Shrimp with steamed broccoli, green beans or mixed veggies
- No butter or sauces on the side
- Do not order the Bloomin' Onion or Cheesy Fries!

## Olive Garden

- Herb Grilled Salmon
- Stay away from all pasta

## Applebee's

- Anything on the Weight Watchers Menu

## Chili's

- Grilled Chicken Salad, Sweet & Spicy Chicken, 6 oz Classic Sirloin
- Lighter Choices: Grilled Salmon, Santa Fe Chicken Wrap, Margarita Grilled Chicken, Grilled Chicken sandwich

## Starbucks

- Sugar Free drinks or "skinny" versions of drinks
- Turkey bacon egg white sandwich

## Panera

- 1/2 smoked turkey breast on artisan whole grain loaf plus low fat garden veggie with pesto soup
- Power Mediterranean chicken salad, no bacon

## *Making Better Choices*

**Tip:** Focus on one thing that could be better in your eating habits (example: drinking Coca-Cola). Commit to changing that one thing to your first 30 days. After those 30 days, choose a different item and then focus on changing that. It is much easier giving attention to one item at a time than it is to changing all of your eating habits overnight. We encourage a low fat and low carbohydrate eating plan for the Busy Bee Meal Plan. Commit to keeping your carbohydrates to 60 grams or less each day.

Do's	Dont's
Soy Milk	Milk
Low Fat Yogurt	Ice Cream
Low Fat Cheese	Cheese
Ground Turkey	Ground Beef
Whole Grain	White Bread
Egg Whites	Eggs
Protein Bar	Candy
Protein Chips	Chips
Water	Coke

*Remember the 3 rights: Right Foods + Right Times + Right Portions*