



CHALLENGE: LOOK YOUR BEST IN 14 DAYS!

CALENDAR

HOW IT WORKS: Print this calendar and "X" out the days to mark progress toward your goal!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Begin drinking 8 glasses of water per day to keep away breakouts.</p>	<p><i>Start Workout 1!</i></p> <p>To ward off wrinkles, start a habit of sleeping on your back.</p>	<p>Cardio today! Bike ride with friends?</p>	<p><i>Workout 2!</i></p> <p>Cardio session - try a hike?</p> <p>For gorgeous hair, take two minutes a day to massage your scalp.</p>	 <p>Start moisturizing daily to look younger - or use a moisturizing cleanser like <i>Olay Ultra Moisture Body Wash</i></p>	<p><i>Workout 1!</i></p> <p>Cardio day! Cool off with a swim.</p> <p>For soft lips, gently exfoliate them with a moistened toothbrush.</p>	<p>Cardio day!</p> <p>To smooth cellulite, gently smooth a handful of cooled coffee grounds on trouble spots, and rinse.</p>
<p>Rest up, you deserve it!</p> <p>Dab a paste of baking soda and water on pimples to shrink them.</p>	<p><i>Workout 2!</i></p>	<p>Cardio time! Go dancing</p> <p>Make your face glow by moisturizing before bed with a dab of olive oil.</p>	<p><i>Workout 1!</i></p>	<p>Cardio session</p> <p>Give up mascara for a few days to help lashes grow.</p>	<p><i>Workout 2!</i></p> <p>Cardio! Grab a Hula Hoop</p>	 <p>For super soft skin, use a product with shea butter - like <i>Olay Ultra Moisture Body Wash</i>.</p> <p>Cardio session - try jogging around the mall</p>

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WORKOUT PLAN

Photos courtesy of Skip Ratner

Wrap up summer with a bang!

Personal trainer and Pilates instructor Laura Hebert, creator of Santa Monica Sweat (SantaMonicaSweat.com), created this two-week slim-down plan exclusively for Vital Juice. Follow it to be fit before fall!

HOW TO FOLLOW THE PLAN

Switch it up. Do the workouts every other day, starting with Workout 1, doing Workout 2 on the next workout day, and returning to Workout 1 on the third workout day. Each session should take about an hour.

Just add cardio. Add 45-60 minutes of cardio four days per week. During two of those sessions, on a scale of one to ten, your heart rate should stay between "five" and "seven." The other two sessions should be performed at intervals of alternating intensities (i.e. run for two minutes, sprint for 45 seconds and continue alternating throughout the workout).

Bring these.

- **One pair of dumbbells**
(beginner: 5 lbs., intermediate: 8 lbs.; advanced: 10 lbs. and highly advanced: 12 lbs.)
- **A chair or bench**



WORKOUT 1

▶ CIRCUIT 1 (REPEAT CIRCUIT THREE TIMES)



JUMPING JACK + SQUAT

Stand with feet together. Jump up, taking feet out to the sides and landing in a low squat with toes pointing forward. Jump up to bring feet back together as you bring arms overhead.

Complete 20 reps.



REVERSE LUNGE + KICK

Stand with feet hip width apart. Take a large step back with right foot, then lower body until both legs are bent at right angles. Bring right foot forward, raise knee and extend leg into a kick. Bring right leg back into lunge to repeat the movement.

Complete 15 reps on one side, then switch sides. Advanced: hold a dumbbell in each hand for all reps.



BICEP CIRCLES

Stand with feet hip width apart, a dumbbell in each hand. Keeping elbows close to sides, make large, slow arm circles. **Complete 10 circles in one direction, then 10 circles in reverse direction.**



W'S

Stand with feet hip width apart, a dumbbell in each hand. Start with palms up and elbows close to sides. Press arms out and diagonally upward toward ceiling. Bend elbows and bring them back in to sides.

Complete 15 reps.



PUSHUP + SHOULDER TOUCH

Start in pushup position (modified: with knees on the floor and feet raised). Lower chest to floor, then press back up. As you reach the top, bring right arm off the floor and touch left shoulder. Bring right hand back to floor and lower again into a pushup. Push back up directly into shoulder touch.

Alternate arms for entire set. Complete 20 reps (10 on each arm).

▶ CIRCUIT 2 (REPEAT CIRCUIT THREE TIMES)



DEAD LIFT + SHOULDER ROW

Stand with feet hip width apart, a dumbbell in each hand. Keeping knees slightly bent, with a flat back, hinge forward from hips and let arms extend down. Keeping abs engaged, squeeze glutes as you come back to standing. While you come up, bring elbows to shoulder height and squeeze shoulder blades together. Lower arms and bend forward to repeat exercise. **Complete 15 reps.**



TRICEP KICKBACKS

Stand with feet hip width apart, holding a dumbbell in each hand. Keeping knees slightly bent, with a flat back, hinge forward from hips. Bring elbows to your sides. Extend arms straight back, squeezing triceps. Bring hands back down while keeping elbows in place.

Complete 15 reps.



PLIÉ SQUAT JUMP + HOLD

Stand with feet hip width apart. Jump into a plié squat with toes and knees pointing out. Jump up and land with feet together. At the end of **20 reps**, hold last plié for 30 seconds.



SPLIT SQUAT + BICEP CURL/SHOULDER PRESS

Stand with right foot forward and left foot back, a dumbbell in each hand. Lower into a lunge with both knees bent at 90 degrees. Press back up to starting position as you perform a bicep curl. Lower arms and bend knees again to repeat exercise. **Complete 15 reps.**



Switch sides. Hold weights at shoulder height. As you come up, press arms to ceiling and then lower weights to shoulders as you lunge. **Complete 15 reps.**



BENT OVER TWO-ARM ROW

Stand with feet hip width apart, a dumbbell in each hand. Keeping knees slightly bent, with a flat back, hinge forward from hips. Start with arms relaxed and extended toward the floor. Draw elbows toward the ceiling; squeeze shoulder blades together. Slowly extend arms down to starting position. Complete 15 reps.

► **CIRCUIT 3 (REPEAT CIRCUIT THREE TIMES)**



ROLL UP

Lie down with legs extended and arms reaching toward ceiling. Engage abs, pull belly button toward spine and keep whole back connected to the floor. Squeeze inner thighs. Slowly roll up. Keep spine curved and ribs lifted out of waist as you reach forward, stretching toward toes. Keeping the curve in your spine, slowly roll back down. **Complete 10 reps.**



CRISSCROSS

Lie on your back with right leg pulled in to chest and left leg extended at a 45-degree angle. Stack hands under head and keep elbows wide. Bring left underarm toward right knee while keeping elbows wide and corners of shoulder blades in contact with the mat. Look back at elbow as you alternate from side to side, knee to opposite underarm. **Complete 15 reps on each side.**



ROLL OVER

Lie on back with legs extended toward ceiling and arms at sides. Engage abs. Pressing arms slightly into the mat, roll legs up and over head. At the top, flex feet, then slowly roll back down, keeping head down.

Complete 8 reps.



SWIMMING

Lie on stomach with arms extended in front of you. Keeping abs engaged, lift arms, shoulders and feet off the floor while reaching with legs and arms to create length through waist. Staying lifted, bring right elbow to your side as left arm is extended, and continue alternating sides for 20 reps of "freestyle."



Staying lifted, perform a "breaststroke" by bringing both elbows to sides, reaching forward and then circling back to the sides.

Complete 20 reps of freestyle and 20 reps of breaststroke.

WORKOUT 2

► **CIRCUIT 1 (REPEAT CIRCUIT THREE TIMES)**



WALKING SIDE LUNGE + ONE-ARM PRESS

Stand with feet hip width apart, a dumbbell in right hand. With toes pointing forward, step right foot out and squat while keeping left leg straight. Come back to standing by pushing through right foot and squeezing right glute. Lower arm and repeat.

Complete 15 reps, then switch sides.



SINGLE LEG SQUAT

Stand with feet hip width apart. Place weight on right side. Sit into a squat on the right side. Come back to standing by pushing through right foot and squeezing right glute.

Complete 15 reps, then switch sides.



HAMMER CURL

Stand with feet hip width apart, a dumbbell in each hand. With arms at sides and elbows staying in place, curl arms toward shoulders with palms facing each other. Slowly lower dumbbells with control.

Complete 15 reps.



LATERAL RAISE

Stand with feet hip width apart, a dumbbell in each hand. Keeping shoulders back, raise straight arms to shoulder height, then slowly lower. **Complete 15 reps.**



PLYO PUSHUP

Start in pushup position. Lower into pushup. Then push off the floor with power from the chest, and bring hands slightly off the floor. When hands come back to the floor, land as softly as possible and lower directly into a pushup. To make it easier: come down to knees and/or bring bottom slightly toward the ceiling. Don't jerk head back. **Complete 20 reps.**

► **CIRCUIT 2 (REPEAT CIRCUIT THREE TIMES)**



SINGLE LEG DEAD LIFT

Stand with feet hip width apart, a dumbbell in each hand. Transfer weight to right foot. Keep abs contracted, back flat and chest lifted. With right foot on the floor (standing knee slightly bent), bend forward from hips and extend left leg behind you as

you slowly lower the dumbbells toward standing foot (mid-shin level). Keeping abs engaged, stand up by squeezing the glute of standing leg and bringing left leg back down. **Complete 15 reps, then switch sides.**



STEP UP

Standing in front of a stable chair or bench, place right foot on top of the bench. Push through right foot to step up onto the bench, and bring left knee toward chest. Step left foot back to the floor and repeat. Keep right foot on step for all remaining reps. **Complete 15 reps, then switch sides.**



ONE ARM BENT OVER PUSH

Stand with right foot forward and left foot back. Hold a dumbbell in left hand. Keeping a flat back, bend from waist, rest right hand on right thigh and extend left arm toward the floor. Bend left elbow 90 degrees. Use your back to pulse left arm forward and up. **Complete 15 reps, then switch sides.**



STANDING SKULL CRUSHER

Stand with feet hip width apart, a dumbbell in each hand. Bring arms up and bend elbows so dumbbells are behind your head. Extend arms and press dumbbells toward ceiling; bring elbows back to starting position. **Complete 15 reps.**



SINGLE LEG BRIDGE

Lie on your back with knees bent, heels pressing into floor and toes pointing toward ceiling. Extend left leg toward ceiling. Squeeze glutes and push through right heel to raise hips off floor. Lower until you are one inch from floor; repeat. **Complete 15 reps, then switch sides.**

► **CIRCUIT 3 (REPEAT CIRCUIT THREE TIMES)**



DOUBLE LEG STRETCH

Lie on back with knees pulled in to chest and hands around knees. Lift head and shoulders, but be sure shoulder blades maintain contact with floor. Keeping head and shoulders lifted, extend arms and legs, circle the arms and bring knees back to starting position. **Complete 10 reps.**



SINGLE-SIDED BICYCLE

Lie on back with hands behind head and legs extended at a 45-degree angle. Make sure whole back is connected to floor (lift legs higher if you are arching). Bring right knee and left elbow to center, then extend back to starting position. **Complete 15 reps on one side and 15 reps on the other side.**



SCISSORS

Lie on your back with hands behind head and elbows wide. Lift head and shoulders and extend legs at a 45-degree angle. Alternate lifting and lowering legs like a pair of scissors. **Complete 20 reps (side to side=1 rep).**



SEATED TWIST

Sit on the floor with legs in front of you and knees bent. Keeping the back straight, lean back slightly from the hips. With arms in front of you and eyes forward, twist right, touching floor with fingertips of both hands. **Alternate from side to side; complete 20 reps (side to side=1 rep).**

CHALLENGE: LOOK YOUR BEST IN 14 DAYS!

NUTRITION PLAN

A trim, slim you could be only two weeks away! Alyse Levine, RD, nutrition counselor and owner of NutritionBite.com, has created this exclusive, 1,600 calorie-per-day Vital Juice plan based on her "CLEAN" system:

Choose a variety of healthy foods, **Limit** portions, **Eat** slowly, **Assess** your hunger and feel **No** deprivation. **Delicious!**



HOW IT WORKS:

Choose one item from each meal category each day; just be sure not to repeat ingredients (i.e. if you have peanut butter in one meal, choose a non-peanut butter snack that day).

BREAKFAST

1 medium **banana** w/ 1 Tbsp. natural **peanut butter** rolled in whole wheat **tortilla** (280 cal)

1 c. nonfat plain **yogurt** w/ 1 c. fresh **blueberries**, 1 Tbsp. sliced **almonds** & 1 Tbsp. ground flaxseeds (290 cal)

1 c. high-fiber, **whole grain cereal** w/ 1 c. soy milk, 1 c. sliced **strawberries** & 1 Tbsp. wheat germ (270 cal)

12-oz. nonfat **latte** made w/ soy milk, + large **apple** and **hard-boiled egg** (300 cal)

1 slice whole grain **toast** w/ 1 oz. **cheese** + **pink grapefruit** w/ 1/2 tsp. honey & dash of cinnamon (310 cal)

Smoothie made w/ 1 c. mixed **berries**, 1 scoop protein powder, 1/2 c. nonfat vanilla **yogurt** & 1 c. ice (290 cal)

Mix 1/2 c. low-fat **cottage cheese**, 1/2 c. non-fat plain **yogurt**, 1/2c. chopped **peaches**, 1/2 **banana**, 1 Tbsp. chopped **walnuts** & dash of cinnamon (270 cal)

Spinach and cheese scramble made w/ 1 c. spinach, 1 whole egg, 2 egg whites, 1/4 c. mozzarella cheese, 1 tsp. olive oil & salt/pepper to taste. Serve w/ 1 slice whole grain bread (280 cal)

Parfait made w/ 1 c. nonfat **yogurt**, 1 c. high fiber **cereal** w/ less than 8g sugar per serving, 1 lg. **peach**, chopped (270 cal)

Pineapple & banana smoothie made w/ 1 c. unsweetened vanilla soy milk, 1 banana & 1 c. fresh pineapple, blended (280 cal)

2 slices **whole grain nut bread** topped w/ 1 oz. **goat cheese** & 1 c. sliced **strawberries** (290 cal)

1 frozen whole grain **waffle** w/ 1 Tbsp. all-natural nut butter + 3/4 c. nonfat **yogurt** (280 cal)

Multigrain pancakes w/ bananas: prepare batter from mix, cook 3 silver dollar-sized pancakes; top w/ 1/2 sliced banana, 2 tsp. maple syrup & 1/2 tsp. vanilla extract + 1/2 c. nonfat vanilla yogurt on side (290 cal)

1 **egg** + 2 whites scrambled w/ 1 c. veggies in 2 tsp. olive oil + 1 whole wheat **English muffin** (320 cal)

1 serving plain steel cut **oatmeal** made w/ 1 c. nonfat milk, 1 Tbsp. chopped **walnuts** & 1/2 c. fresh **blackberries** (280 cal)

MORNING SNACK

4 whole wheat **crackers** + 1 1/2 oz. reduced fat **cheese** (210 cals)

1 c. baby **carrots** + 1/2 c. **guacamole** (190 cals)

1 oz. unsalted **nuts** (170 cals)

4 c. natural air-popped **popcorn** w/ **Parmesan cheese** (180 cals)

High fiber **energy bar** (i.e. Lara, Kind, Pure, Gnu) (210 cals)

1 **string cheese** + 1 c. **grapes** (160 cals)

1 c. **raspberries**, 1 c. plain low fat **yogurt** & 1 tsp. **honey** (170 cals)

100-calorie bag **popchips** + 3 Tbsp. **hummus** (180 cals)

1 medium **pear** + 20 **pistachios** (170 cals)

1/4 c. **trail mix** w/ almonds, walnuts, dried **cherries** & **dark chocolate** chips (180 cals)

1/4 c. unsalted **cashews** (200 cals)

1 c. **red bell pepper strips** & **sugar snap** + 4 Tbsp. low-fat **Greek yogurt** mixed w/ 2 Tbsp. **salsa** (180 cals)

1 slice **toasted whole grain bread** w/ 2 Tbsp. mashed **avocado** & 1 oz. creamy **Swiss cheese** (180 cals)

1/3 c. fat free **refried beans** & 2 Tbsp. shredded **cheese** on small corn **tortilla**, broiled (180 cals)

LUNCH

1/6 **baguette** w/ 2 lg. **tomato** slices, 2 oz. part-skim **mozzarella** cheese, basil leaves, dash salt, 1 tsp. olive oil & balsamic vinegar (410 cals)

4 oz. **grilled chicken breast** over 2 c. **mixed greens** w/ 5 cherry tomatoes, 1/4 c. cucumber slices, 2 Tbsp. chopped walnuts, 2 tsp. extra virgin olive oil & 1 Tbsp. fresh lemon juice (360 cals)

4 oz. **tuna** mixed w/ 1 Tbsp. low-fat mayonnaise & 2 Tbsp. dried **cranberries** in **whole wheat pita** (380 cals)

Whole wheat **tortilla** w/ 1/2 c. **black beans**, 1/4 c. shredded cheese, 2 Tbsp. **salsa** & 1/4 avocado (380 cals)

Potato salad made w/ 3 oz. cooked, unpeeled potato cubes, 1 whole hard-boiled egg, 2 cooked egg whites, 1/4 c. corn, 1/4 chopped green pepper & 1/4 chopped onion (mix 2 Tbsp. light mayo, cracked pepper & sea salt to taste for dressing). Serve on 2 whole grain crisps (400 cals)

3 oz. sliced **turkey** on 2 slices **whole wheat bread** w/ lettuce, tomato, 1/4 avocado & mustard or 1 Tbsp. hummus + 1/2 c. **grapes** (410 cals)

1 medium bowl (1 1/2 c.) **bean/lentil soup** w/ 1 c. **mixed greens salad**, 1/2 oz. chopped nuts & 1 Tbsp. light vinaigrette (310 cals)

2 slices **whole grain bread** w/ 1/2 Tbsp. **natural peanut butter**, 1/2 sliced banana + 1 c. sliced jicama & celery sticks (380 cals)

1 c. **dark leafy greens** w/ 5 oz. canned **wild salmon**, 2 Tbsp. chopped pistachios, 10 halved cherry tomatoes & 1 Tbsp. vinaigrette dressing (410 cals)

Asian grilled chicken salad made w/ 3 c. baby spinach, 4 oz. grilled chicken, 1/2 c. mandarin oranges, 1 Tbsp. sliced almonds, 1/2 c. snow peas & 1 Tbsp. chopped scallions + 1 Tbsp. sesame dressing (350 cals)

Soup and sandwich: Roll 3 oz. smoked turkey, 1/4 avocado (sliced), 2 large romaine lettuce leaves & 2 large slices tomato in a spelt tortilla + 1 c. non-cream based **butternut squash soup** (390 cals)

Open-face **grilled cheese sandwich** made w/ 1/6 **baguette** (cut in half) spread w/ Dijon mustard & topped w/ 1.5 oz. Gruyère cheese & 2 tomato slices. Bake in toaster oven until cheese melts. Serve w/ mixed green salad & 2 tsp. vinaigrette (390 cals)

5 oz. **grilled tofu stir-fry** made w/ 1 c. mixed vegetables & 2 tsp. peanut oil + 1/2 c. cooked brown rice (370 cals)

AFTERNOON SNACK

1 oz. baked **tortilla chips** w/ 4 Tbsp. **black bean dip** (210 cals)

1/2 c. low-fat plain **cottage cheese** w/ 1/2 **cantaloupe** (160 cals)

1 oz. cheddar **cheese** + 1 **apple** (200 cals)

1 oz. mini whole wheat **pita** w/ 1 Tbsp. **nut butter** (170 cals)

1 oz. raw unsalted **almonds** (170 cals)

Turkey roll-up w/ lettuce, 2 oz. turkey, 1 oz. light cheese & 1/4 avocado (190 cals) 1 c. non-cream based **tomato soup** with 1 oz. shredded part-skim mozzarella cheese melted on it (170 cals)

A healthy bar (Lara, Kind, Pure, Gnu) (approx. 200 cals)

1 c. **edamame** (200 cals)

2 whole grain **crackers** w/ 1 oz. part-skim **ricotta cheese**, sliced fresh fig & 1 tsp. honey (180 cals)

12-oz. nonfat **latte** + a fresh **nectarine** (180 cals)

1 1/2 c. **watermelon** (cubed), 1 1/2 oz. feta, 1 tsp. chopped mint & ground pepper to taste (110 cals)

1 c. low-fat plain **yogurt** w/ 1/2 c. **blueberries** & lemon zest (190 cals)

15 **almonds** + 1 oz. dried **apricots** (190 cals)



DINNER

5 oz. grilled **teriyaki salmon** (cooked in 1 Tbsp. teriyaki sauce) w/ steamed broccoli + 1/2 c. wild rice (380 cal)

4 oz. **skinless chicken breast** sautéed in 2 tsp. olive oil w/ 5 grilled asparagus spears & 1 small baked sweet potato w/ cinnamon (380 cal)

4 oz. **broiled lean beef** (flank steak, filet mignon) w/ 1 c. steamed cauliflower + 1/2 c. red baby potatoes roasted w/ rosemary & 1 tsp. olive oil (380 cal)

Veggie burger w/ 1/2 oz. light cheese on whole wheat bun & 1 Tbsp. ketchup, 1/8 avocado, lettuce, tomato, onion, sprouts + 1/2 steamed ear of corn (400 cal)

3/4 c. **whole wheat spaghetti** w/ 4 oz. steamed **shrimp**, 1 c. mushrooms & tomatoes, 1 Tbsp. Parmesan cheese & 1/2 c. marinara (380 cal)

4 oz. **pork loin** w/ 2 Tbsp. marinade (any with fewer than 50 cal per 2 Tbsp.), 1/2 c. unsweetened applesauce + 1 1/2 c. steamed green beans (340 cal)

Parmesan-crusted halibut: 5 oz. halibut topped w/ mixture of 1 Tbsp. mayonnaise & 1 Tbsp. Parmesan cheese, baked for 15-18 minutes at 350 degrees. Serve w/ 1/2 c. cooked orzo or wild rice + 1 c. mixed green salad w/ 1 Tbsp. light vinaigrette (410 cal)

Miso soup + 1 non-tempura fish + vegetable **sushi** cut-roll of your choice (approx. 380 cal)

5 oz. **shrimp stir-fry** w/ mushrooms, snap peas, broccoli, 1 tsp. minced garlic, 1 tsp. minced ginger & 1 Tbsp. low-sodium soy sauce. Top w/ 2 Tbsp. chopped peanuts. Serve w/ 1/2 c. **brown rice** (380 cal)

4 oz. skinless **rotisserie chicken** (pre-cooked) + 1/2 c. whole wheat **cous cous** & 1 c. French cut green beans tossed w/ 2 Tbsp. slivered almonds (380 cal)

Israeli salad (1 c. chopped cucumber, tomatoes, bell peppers & scallions tossed w/ 1 tsp. olive oil & lemon juice, salt & pepper to taste) topped w/ 1 oz. feta cheese, 4 oz. grilled skinless **chicken breast**. Serve w/ 1-oz. whole wheat pita (390 cal)

5 oz. **Chilean sea bass** broiled w/ 1 tsp. olive oil and topped w/ 1/4 c. mango salsa. Serve w/ 1/2 c. each of Brussels sprouts & baby new potatoes roasted w/ 2 tsp. olive oil and minced garlic (380 cal)

Whole wheat pizza: top whole wheat pita w/ 2 oz. buffalo mozzarella, 3-4 tomato slices & basil. Bake at 400 degrees until cheese melts (5-10 minutes). Serve w/ **arugula salad**: 2 c. arugula w/ 1 tsp. pine nuts, 2 tsp. Parmesan cheese, 1 tsp. olive oil & lemon juice, salt & pepper to taste (430 cal)

4 oz. grilled **wild salmon burger** in whole wheat bun w/ sprouts, lettuce, tomato & mustard. Serve w/ 1 c. cauliflower broiled w/ 1 tsp. olive oil, 1 Tbsp. Parmesan cheese & salt & pepper to taste (370 cal)

NIGHTTIME SNACK

3/4 oz. **dark chocolate** (look for 70% or higher cacao) (110 cal)

1 c. fresh halved **strawberries** w/ 2 oz. vanilla nonfat **yogurt** (100 cal)

1 medium frozen **banana** (110 cal)

1/2 c. **sorbet** (90 cal)

2 Newman's Own **Fig Newmans** (120 cal)

S'more: 1 graham cracker strip broken in half w/ 1 marshmallow & 1 dark chocolate kiss melted on each half (180 cal)

Cherry-almond cream: Heat 1/2 c. frozen pitted cherries in microwave until warm; top w/ 1 Tbsp. part-skim ricotta & 2 tsp. slivered almonds (110 cal)

2 coconut **macaroons** (120 cal)

1 medium baked **apple** w/ 1 tsp. brown sugar & cinnamon to taste (120 cal)

1/2 whole wheat **pita** w/ 1/2 Tbsp. natural **peanut butter** & topped w/ 3 **dark chocolate chips**. Warm in microwave 10 seconds, spread chocolate and enjoy (110 cal)

10 mini **meringues** (110 cal)

1 c. light **kettle corn** popcorn (80 cal)

1 oz. dried **mango** (100 cal)

2 c. cubed **watermelon** topped w/ 1 Tbsp. fresh lime juice and sprinkling of salt (100 cal)



OPTIONAL POST-WORKOUT SNACK

1 c. plain low-fat **yogurt** w/ 1/2 c. berries

2 c. reduced fat **chocolate milk**

16 oz. **sports drink** + **banana**

1/4 c. **hummus** on 1/2 whole wheat pita

1/2 **banana** & 1 Tbsp. **peanut butter** on 2 brown rice cakes

3 oz. canned **tuna** w/ salt & pepper & lemon juice to taste on 5 whole grain **Melba toasts**

Large **apple** and hard boiled **egg**

Smoothie made w/ 1 c. skim milk, 1/2 banana, 1 c. berries & ice

1/2 **turkey** & **hummus** sandwich on whole grain bread