

To keep things easy, I have come up with my FAST FOOD list. Fast and yummy will for sure keep you on the right track.

### 1. Apples

\*I am a firm believer that apples satisfy just about any 'sweet' craving! When that midnight snack time calls and it's either snack or eat your arm ... I say grab an apple! I do suggest to try to keep your sugar intake (including fruit) to early in the day if possible.

### 2. Oatmeal

\*I love oatmeal in the morning. Especially on cold days. Just add a little water or milk and pop it in the microwave. You can also throw a serving in your protein shake if you're in a rush.

### 3. Hard Boiled Eggs

\*Easiest way to get a little extra protein threw out the day!

### 4. Raw Almonds

\*I have to Pre-Portion out mine or I'll eat the entire bag in one day. Also, try soaking them for added health benefits and an easier to chew snack.

### 5. Grilled Chicken Breast

\* I pre-cook enough chicken for an entire week or at least a few days. If I don't use it by the end of the week I use it in something for Sunday dinner.

### 6. Asparagus

\*This veggie makes me feel so good. I love it hot or cold. I can't tell you how happy it makes me when I open the fridge and there it is in all its glory waiting for me.