

Keep Your Energy Up While You Slim Down!

Small changes on your plate can add up to big changes inside and outside your body. And the best news is that eating right can be convenient, tasty and satisfying. By focusing on natural, unprocessed foods and eating mini-meals throughout the day, your energy and your level of satisfaction will hold steady. When used in conjunction with the rest of the Jen Fe Full Life System, an eating plan that includes plenty of lean protein, fruits, vegetables and whole grains will translate into improved health and appearance faster than you think.

These fast no-cook mini-meals and snacks feature foods available in any neighborhood grocery store and come together in just minutes.





Breakfast

Breakfast Pastry Makes 1 serving

- 100 calorie, high fiber whole grain toasted English muffin
- 2 tbl low fat ricotta cheese
- 3-4 thin apple slices
- Dash cinnamon

Toast muffin and spread with cheese. Top with apple slices and cinnamon. Eat as is or broil until cheese melts.

Nutrition Information
146 calories
3 g fat
7 g protein
26 g carbohydrates
6 g fiber

Berry Parfait Makes 1 serving

- 1 c blueberries, fresh or frozen and thawed
- 1 6 oz container vanilla nonfat yogurt
- 1/4 c low fat granola cereal

Layer berries and yogurt in bowl and sprinkle with granola.

Nutrition Information
225 calories
2 g fat
5 g protein
48 g carbohydrates
5 g fiber

Peanut Butter Banana Toast Makes 1 Serving

- 1 slice whole grain toast
- 1 tbl natural peanut butter
- 1/2 banana sliced

Top toast with peanut butter and sliced bananas.

Nutrition Information

226 calories
17 g fat
12 g protein
31 g carbohydrates
5 g fiber

Lunch/Dinner

Shrimp and Spinach Salad with Ginger Dressing Makes 4 servings

- 3 tbl minced onion
- 3 tbl canola oil
- 2 tbl apple cider vinegar
- 1 1/2 tbl finely grated fresh ginger
- 1 tbl ketchup
- 1 tbl tamari
- 1/4 tsp minced garlic
- 1/4 tsp salt
- Freshly ground pepper to taste
- 10 ounces fresh baby spinach
- 1 large carrot, grated
- 1 medium red bell pepper, thinly sliced
- 6 oz canned shrimp, rinsed and drained

Combine onion, oil, vinegar, ginger, ketchup, tamari, garlic, salt and pepper in blender until combined. Set aside. Toss remaining ingredients with dressing in bowl and serve immediately. Dressing may be made up to five days ahead.

Nutrition Information
Per Serving
185 calories
12 g fat
12 g protein
9 g carbohydrates
3 g fiber

Colorful Black Bean Salad Makes 5 Servings

- Juice of two limes
- 2 tbl olive oil
- 1/4 c chopped fresh cilantro
- Sea salt, to taste
- Freshly ground pepper, to taste
- 2 15-oz cans black beans, rinsed
- 1 c shredded carrot
- 1 c shredded red cabbage
- 1 large tomato, diced
- 1/2 c red onion minced
- 1/3 c toasted pine nuts

Whisk first five ingredients together in a bowl. Add next five ingredients and toss gently. Sprinkle with pine nuts just before serving.

Nutrition Information
Per Serving
328 calories
12.8 g fat
13 g protein
45 g carbohydrates
10.4 g fiber

Chicken Salad Wrap Makes 2 Servings

- 1 6 oz skinless, boneless chicken breast, poached or grilled, cooled and cubed
- 2 ribs celery, diced
- 1 red pepper, diced
- 1/2 small purple onion, minced
- 1/4 c plain nonfat yogurt
- Sea salt, fresh ground black pepper
- Red lettuce leaves

Stir first six ingredients together gently until combined. Season to taste. To serve, lay red lettuce leaf flat and spoon chicken salad on top, wrap and serve.

Nutrition Information
Per Serving
237 calories
4.5 g fat
48 g protein
28 g carbohydrates
3.5 g fiber

Snacks

Herbed Feta Dip Makes 8 1/4-cup servings

- 1 15-oz can white beans, rinsed
- 3/4 c nonfat plain yogurt
- 1/2 c crumbled feta cheese
- 1 tbl lemon juice
- 1 tsp garlic salt
- 1 tsp freshly ground

Fresh parsley, dill, mint and chives, chopped fine, added to taste.

Place first six ingredients in processor and blend until smooth. Add herbs and pulse to incorporate. Chill until ready to use. Serve with crudites.

Nutrition Information
per serving
32 calories
12 g fat
2 g protein
5 g carbohydrates
1 g fiber

Spicy Hardboiled Egg Makes 1 serving

- 1 hardboiled egg
- Pinch of Cajun seasoning

Slice hardboiled egg into quarters and sprinkle with zesty Cajun seasoning.

Nutrition Information
75 calories
5 g fat
6 g protein
1 g carbohydrates
0 g fiber

Healthy Trail Mix Makes 5 servings

- 1/4 c whole shelled (unpeeled) almonds
- 1/4 c unsalted dry-roasted peanuts
- 1/4 c dried cranberries
- 1/4 c chopped pitted dates
- 2 oz dried apricots or other dried fruit

Mix all ingredients in a bowl. Store each 1/4 c. serving in an individual plastic bag at room temperature until ready to eat.

Nutrition Information
per serving
156 calories
7 g fat
4 g protein
21 g carbohydrates
3 g fiber