



tip
card

free
to
LIVE™

on the go...



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healthy tips



- A thermal insulated pack is a great way to bring along lunch or snacks from your menu plan.
- Be sure to eat all of your foods; too little calories can actually slow your metabolism.
- A cup of coffee or tea could hold you over until you sit down for a meal.
- Bring along your L A Lites for a satisfying treat.

	Protein	Veggies	Fruit	Starch	Dairy	Fat
Peanut Butter and Jelly Sandwich, (Quick Combos)	1/2			1		
String Cheese, light, 1oz / 30g					1/2	
Yogurt Smoothie, ready to drink, 1 bottle, 7-10oz / 219-313mL			1		1/2	
Trail Mix, containing nuts, seeds and dried fruit, 1oz / 30g	1/2		1			
Fig Newton®, fat-free, 2 cookies, 30g				1		

use foods not on your menu plan in moderation