

SHRED



For questions about routines and training, please email:
info@brokesinglemomfitness.com.



Medical Disclaimer:

Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate exercise prescription. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.

How to incorporate BSMF's Routines:

Follow Shred routines as part of a three – six-day exercise schedule. You're free to do resistance, body weight and/or weight training on days when you're not doing a Shred workout. For optimal fat burn and recovery, it is not recommended to do any of the attached routines directly before or after a separate workout. This will prevent overtraining, burnout, and possible injuries. Shred workouts are high intensity and require time for recovery. However, Shred workouts can be done hours apart from separate workouts within the same day, e.g., Shred workout in the morning, weight training in the afternoon.

For best results, follow the Shred routines three days per week and do some exercise at least 30 minutes/day, two additional days per week. The body needs frequency to make major changes. Four days of exercise per week should be the minimum.

Below are a few options on how to setup your weekly training schedule with the incorporation of the Broke Single Mom Fitness's Shred workouts.

For questions about routines and training, please contact Sylvia at info@brokesinglemomfitness.com, she's waiting to help you reach your goals.



Weekly Training Schedule Options:

Burn *Three-to-Six-Day Routine*

Monday	Shred Training Day One
Tuesday	OFF or other workout (ex: resistance training)
Wednesday	Shred Training Day Two
Thursday	OFF or other workout (ex: flexibility/yoga)
Friday	Shred Training Day Three
Saturday	OFF or other workout (ex: group class)
Sunday	OFF

Love the Weekend *Three-to-Four-Day Routine*

Monday	Shred Training Day One
Tuesday	Shred Training Day Two
Wednesday	OFF or other workout (ex: resistance training)
Thursday	Shred Training Day Three
Friday	OFF
Saturday	OFF
Sunday	OFF

Busy & Motivated *Three-to-Five-Day Routine*

Monday	Shred Training Day One
Tuesday	OFF or other workout (ex: resistance training)
Wednesday	OFF
Thursday	Shred Training Day Two
Friday	Shred Training Day Three
Saturday	OFF or other workout (ex: resistance training)
Sunday	OFF

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SHRED

For how to organize your training days/week, e.g., two training days in a row or every other day, please refer to the introductory page of this routine.

Hover over exercise names to view how to perform movements.

Training Day One

Duration # of Sets

Warm up of choice - ex: light jog on treadmill
2% incline

5 min

Lunge Sequence

60 seconds

3 Rounds

- 1.) Front lunge
- 2.) Side lunge
- 3.) Back lunge
- 4.) Repeat – 8 rounds each leg – 16 total each leg

Superset both exercises for 3 rounds. 60 seconds/exercise, 30 seconds rest between each exercise.

Kettlebell Swings

60 seconds

60 seconds rest before next round

Broad Squats

60 seconds

3 Rounds

Superset both exercises for 3 rounds. 60 seconds/exercise, 30 seconds rest between each exercise.

Half Burpie w/ Push-up

60 seconds

Cool down: walk the gym, the room, or treadmill

5 min

Stretch muscles just worked

5-10 min

BSMF Shred Plan

Training Day Two		Duration	# of Sets
Warm up of choice - ex: light jog on treadmill 2% incline		5 minutes	
Split Jump	60 seconds	3 Rounds	Superset both exercises for 3 rounds. 60 seconds/exercise, 30 seconds rest between each exercise.
Push-up and Reach	60 seconds		
60 seconds rest before next round			
In & Out Jump Squats	60 seconds	3 Rounds	Superset both exercises for 3 rounds. 60 seconds/exercise, 30 seconds rest between each exercise.
Lunge to Bicep Curl & Shoulder Press	60 seconds		
Cool down: walk the gym, the room, or treadmill		5 minutes	
Stretch muscles just worked		5 - 10 minutes	

Training Day Three**Duration # of Sets**

Warm up of choice - ex: light jog on treadmill
2% incline

5 minutes

High Knee Jumps**60 seconds****3 Rounds**

Superset both
exercises for 3
rounds. 60
seconds/exercise,
30 seconds rest
between each
exercise.

Lunge and Bicep Curl**60 seconds**

60 seconds rest before next round

Side to Side Ski Jumps**60 seconds****3 Rounds**

Superset both
exercises for 3
rounds. 60
seconds/exercise,
30 seconds rest
between each
exercise.

Squat and Kick**60 seconds**

Cool down: walk the gym, the room, or
treadmill

5 minutes

Stretch muscles just worked

5 - 10 minutes

More information on routine above:

Click above exercise names to view how to perform movements. For more

For more information on exercises, visit BrokeSingleMomFitness.com



Nutrition

Proper nutrition is essential for maximum results. Nutrition determines the vast majority of your success in any fitness goal. Below are macronutrient guidelines. Prior to incorporating a macronutrient ratio, you must determine your caloric needs. To determine your daily caloric requirements, you need to know your activity level, body fat percentage, and weight. Your composition, combined with your activity level, determine how many calories you burn per day. Finally, you'll find out how many calories you'll need to support muscle growth, maintenance or fat loss. The best method for determining this is the [Katch-McArdle Method](#).

MACRONUTRIENT	PERCENT OF DAILY CALORIES
Fat loss	35-40% Carbs 30-40% Protein 20% Fat
Muscle gain	50-55% Carbs 30% Protein 15-20% Fat
Maintenance of current body composition/aka, <i>Baseline diet</i>	50% Carbs 30% Protein 15-20% Fat

You don't have to log calories forever!

Once you get a hang of eating a specific way for the phase of training you're in, it's not necessary to log calories every day. In this case, get back to logging if you notice that you're falling off track; logging every now and then to get back in a steady caloric and macronutrient pattern. Meeting your nutritional requirements within 100 calories or a percent or two of your macronutrient ratio is good enough for results; no one is perfect. Every time you change your goal (ex: summer slim down), you should reevaluate your caloric needs.

Scroll down for more nutritional information.

BROKE

S I N G L E M O M F I T N E S S

Nutrition

EXAMPLE DAY OF MEALS

1600-1800 CALORIES/DAY

Meal #1

Food Item	Quantity
shredded wheat cereal	1.5 cups
skim milk	1.5 cups
strawberries	1/2 cup

Meal #2

Food Item	Quantity
oatmeal, quaker oats	1/2 cup
egg whites (scrambled)	4
egg, whole (scrambled)	1
grapefruit	1/2 large

Meal #3

Food Item	Quantity
brown rice	3/4 cup
chicken breast	3 oz
green beans	6 oz

Meal #4

Food Item	Quantity
salmon	6 oz
broccoli	1 cup
yams	4 oz

Meal #5

Food Item	Quantity
chicken breast	3 oz
light italian dressing	3 tbsp
Large mixed green salad	2.0 cups

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SINGLE MOM FITNESS

Nutrition

SAMPLE: 1600 calorie diet
40-40-20 macronutrient ratio
40% carbs, 40% protein, 20% fat

Meal #1

Food Item	Quantity	Calories	Pro (g)	Carbs (g)	Fat (g)
oatmeal, quaker oats	2/3 cup	200	10	36	4
Whey protein powder	1.5 scoops	135	26.2	3	2.5
orange	1 med	60	0	15	0
Meal #1 Subtotals:		395	36.2	54	6.5

Meal #2

Food Item	Quantity	Calories	Pro (g)	Carbs (g)	Fat (g)
oatmeal, quaker oats	2/3 cup	200	10	36	4
egg whites (scrambled)	4	68	14	1.8	0
egg, whole	1	75	6.3	0.6	5
Meal #2 subtotals:		343	30.3	38.4	9

Meal #3

Food Item	Quantity	Calories	Pro (g)	Carbs (g)	Fat (g)
brown rice	3/4 cup	154	3	30	0
chicken breast	3 oz	143	26.5	0	3.8
green beans	6 oz	50	2	12	0
meal #3 subtotals:		347	31.5	42	3.8

Meal #4

Food Item	Quantity	Calories	Pro (g)	Carbs (g)	Fat (g)
salmon	4 oz	206	28.8	0	5.8
broccoli	1 cup	46	4.6	8.6	0.4
meal #4 subtotals:		252	33.4	8.6	6.2

Meal #5

Food Item	Quantity	Calories	Pro (g)	Carbs (g)	Fat (g)
chicken breast	3 oz	143	26.5	0	3.8
light italian dressing	3 tbsp	12	0	3	0
Large mixed green salad	2.0 cups	40	0	10	0
flaxseed oil (supplement)	1/2 tbsp	65	0	0	7
meal #5 subtotals:		260	26.5	13	10.8

Per Meal Averages:

Calories

319.4

Protein (g)

31.6

Carbs (g)

31.2

Fat (g)

7.3

Grand Totals:

Calories	Pro (g)	Carbs (g)	Fat (g)
1597	157.9	156	36.3
Pro (cal)	Carbs (cal)	Fat (cal)	
631.6	624	326.7	
Pro (% cal)	Carbs (%cal)	Fat (%cal)	
40.0%	40.0%	20.0%	



Grocery List

Proteins

Below are examples of what can be purchased. You are not limited to this selection. Be cautious of your daily caloric needs and macros.

- ❖ Boneless, skinless chicken breast
- ❖ Ground turkey, Turkey Breast Slices or cutlets (fresh meat, not deli cuts)
- ❖ Tuna (water packed)
- ❖ Fish (salmon, seabass, halibut)
- ❖ Shrimp
- ❖ Extra lean ground beef (90%+)
- ❖ [Protein Powder](#)
- ❖ Eggs
- ❖ Eye of Round (Cube Meat, Stew Meat, Bottom Round, 96% Lean Ground Round)

Complex Carbs

Below are examples of what can be purchased. You are not limited to this selection. Be cautious of your daily caloric needs and macros.

- ❖ Brown rice
- ❖ Whole wheat spaghetti and other pastas
- ❖ Quinoa
- ❖ Oatmeal (Old Fashioned or Quick Oats)
- ❖ Sweet Potatoes (Yams)
- ❖ Beans (pinto, black, kidney)
- ❖ Oat Bran Cereal
- ❖ Multigrain Hot Cereal
- ❖ Potatoes (red, baking, new)



Grocery List

Fibrous Carbs

Below are examples of what can be purchased. You are not limited to this selection. The good thing about veggies is that you can have as much as you want, just watch the amount of dressing and other toppings you may put on veggies.

- ❖ Green Leafy Lettuce (Green Leaf, Red, Leaf, Romaine)
- ❖ Broccoli
- ❖ Asparagus
- ❖ String Beans
- ❖ Spinach
- ❖ Bell Peppers
- ❖ Brussels Sprouts
- ❖ Cauliflower
- ❖ Celery

Other Produce & Fruits

Below are examples of what can be purchased. You are not limited to this selection. Be cautious of your daily caloric needs and macros.

- ❖ Cucumber
- ❖ Green or Red Pepper
- ❖ Onions
- ❖ Garlic
- ❖ Tomatoes
- ❖ Zucchini



Grocery List

- ❖ Fruit (if acceptable on diet): bananas, apples, grapefruit, peaches, strawberries, blueberries,
- ❖ Raspberries
- ❖ Lemons or Limes

Healthy Fats

Below are examples of what can be purchased. You are not limited to this selection. Be cautious of your daily caloric needs and macros.

- ❖ Natural Style Peanut Butter
- ❖ Olive Oil
- ❖ Coconut Oil
- ❖ Nuts (peanuts, almonds)
- ❖ Flaxseed Oil

Beverages (aside from water)

Below are examples of what can be purchased. You are not limited to this selection. Be cautious of your daily caloric needs and macros.

- ❖ Teas
- ❖ Coffee
- ❖ Nutritional beverages such as apple cider vinegar water

Condiments & Misc.

Below are examples of what can be purchased. You are not limited to this selection. Be cautious of your daily caloric needs and macros.

- ❖ Olive oil Mayonnaise
- ❖ Almond or coconut milk



Grocery List

- ❖ Cinnamon powder
- ❖ Reduced Sodium Soy Sauce
- ❖ Reduced Sodium Teriyaki Sauce
- ❖ Balsamic Vinegar
- ❖ Salsa
- ❖ Chili powder
- ❖ Mrs. Dash
- ❖ Sugar Free Syrup
- ❖ Chili Paste
- ❖ Mustard
- ❖ Extracts (vanilla, almond, etc
- ❖ Low Sodium beef or chicken broth
- ❖ Plain or reduced sodium tomatoes sauce, puree, paste)



Healthy Recipes

Protein Pancakes

Pancakes are a favored breakfast for many, but unfortunately, they also usually contain far too many calories and fat. Here is a lighter recipe that will fit much better with your overall meal plan.

Ingredients:

- ☐ 3 egg whites
- ☐ 1/3 cup dry oats
- ☐ 1 scoop vanilla [protein powder](#)
- ☐ 2 tbsp low fat cottage cheese
- ☐ 1 tsp vanilla extract

Directions:

Combine the egg whites, cottage cheese and vanilla extract in a bowl until well mixed. Next add in the dry oats and whey [protein powder](#) along with the [Truvia](#) until well mixed.

Once a batter has been formed, cook as you would a regular pancake, flipping at half-time. Drizzle with sugar free syrup or serve with fresh fruit.

Herb-Roasted Chicken

Ingredients:

- ☐ 2 3-to-4-pound chickens
- ☐ Kosher salt and freshly ground pepper
- ☐ 3 tablespoons unsalted butter, softened
- ☐ 1 tablespoon chopped fresh thyme, plus 2 sprigs
- ☐ 2 teaspoons chopped fresh rosemary, plus 1 sprig torn in half
- ☐ 1 lemon, halved
- ☐ 1 onion, halved
- ☐ 6 cloves garlic, smashed
- ☐ 5 bunches scallions, quartered
- ☐ 2 pints grape tomatoes or small heirloom tomatoes
- ☐ 2 tablespoons extra-virgin olive oil



Healthy Recipes

Directions:

Pat the chicken dry; generously season the skin and inside the cavity with salt and pepper. Refrigerate, uncovered, at least 4 hours or overnight to dry out the skin. Let stand at room temperature 30 minutes before roasting.

Preheat the oven to 425 degrees F. Mash the butter with the chopped thyme and chopped rosemary in a small bowl. Gently slide your fingers under the chicken skin on the breasts and legs to loosen it. Scoop some of the herbed butter with a spoon; slide the spoon under the skin and hold the skin in place while you remove the spoon. Smooth the skin to distribute the butter. Repeat with the remaining butter.

Squeeze a lemon half into the cavity of each chicken, then stuff the lemon half inside. Stuff 1/2 onion, 3 garlic cloves, 1 thyme sprig and 1/2 rosemary sprig into each chicken cavity. Tie the legs together with twine. Set a rack in a large roasting pan; put the chicken on the rack and roast 25 minutes. Toss the scallions, tomatoes, olive oil and a large pinch of salt in a bowl, then add to the roasting pan. Remove the twine from the chicken and continue roasting until the skin is golden brown and a thermometer inserted into the thigh registers 170 degrees F, about 50 more minutes.

Transfer the chicken and vegetables to platters and let rest about 10 minutes before carving.

Cajun Shrimp and Rice

Ingredients:

- ☐ 1 tablespoon unsalted butter
- ☐ 2 tablespoons extra-virgin olive oil
- ☐ 3 cloves garlic, minced
- ☐ 2 teaspoons Cajun seasoning
- ☐ 1-pound, large shrimp, peeled and deveined, tails intact
- ☐ Kosher salt and freshly ground pepper
- ☐ 4 plum tomatoes, chopped
- ☐ 2 bunches scallions, chopped
- ☐ 3 cups cooked white rice



Healthy Recipes

- ☐ 3 tablespoons chopped fresh parsley
- ☐ Lemon wedges, for serving (optional)

Directions:

Heat the butter, olive oil and garlic in a large skillet over medium-high heat until fragrant, about 1 minute. Add the Cajun seasoning and shrimp and cook, stirring, until the shrimp begin to curl, about 1 minute. Season with salt and pepper. Add the tomatoes and scallions to the skillet and cook, stirring, about 1 minute. Add the rice and 1/4 cup water and continue to cook until the rice is warmed through and the shrimp are opaque, about 3 more minutes. Stir in the parsley and serve with lemon, if desired.

Nutritional Breakdown: Calories 357; Fat 11 g (Saturated 3 g); Cholesterol 176 mg; Sodium 537 mg; Carbohydrate 40 g; Fiber 3 g; Protein 23 g

Tuna Burgers with Carrot-Ginger Sauce

Ingredients for the sauce:

- ☐ 1 small carrot, roughly chopped
- ☐ 1 1/2-inch piece ginger, peeled
- ☐ 2 tablespoons rice wine vinegar
- ☐ 1 tablespoon toasted sesame oil
- ☐ 1 tablespoon low-sodium soy sauce
- ☐ Pinch of sugar
- ☐ Kosher salt and freshly ground pepper

Ingredients for the burgers:

- ☐ 1-pound, sushi-grade tuna
- ☐ 2 tablespoons plus 1 teaspoon extra-virgin olive oil
- ☐ 2 tablespoons low-sodium soy sauce
- ☐ Juice of 1/2 lime



Healthy Recipes

- ☐ 1/4 cup chopped fresh cilantro
- ☐ 1 tablespoon grated fresh ginger
- ☐ Kosher salt and freshly ground pepper
- ☐ 1 cup spicy sprouts, for garnish
- ☐ 4 whole-grain hamburger buns
- ☐ 1/2 avocado, sliced

Directions:

Prepare the sauce: Pulse the carrot and ginger in a food processor until finely chopped. Add the vinegar, sesame oil, soy sauce and sugar and process until smooth. Drizzle in 2 tablespoons water and combine; season with salt and pepper. Transfer the sauce to a bowl and set aside.

Prepare the burgers: Chop the tuna into chunks. Wipe out the food processor and add the tuna; pulse a few times to break up the pieces. In a bowl, mix 2 tablespoons olive oil, the soy sauce, lime juice, cilantro and ginger; season with salt and pepper. Pour over the tuna and process until well blended. Form into 4 patties; brush each lightly with the remaining 1 teaspoon olive oil.

Preheat a grill or grill pan. Once hot, add the burgers and cook for 2 minutes on each side for rare, or to desired level. Toss the sprouts in the carrot-ginger sauce. Place the burgers on buns and top with avocado and sprouts.

Nutritional Breakdown: Calories 435; Fat 22 g (Sat. 3.8 g; Mono. 11 g; Poly. 6 g); Cholesterol 43 mg; Sodium 662 mg; Carbohydrate 28 g; Fiber 5 g; Protein 32 g

Healthy Snacks

Trail Mix

For those who need finger food to snack on during the game, this mix will do the trick. High in healthy fats, it will keep your appetite under control.

Ingredients:

- 2 oz. cashews
- 1/2 cup roasted almonds
- 2 oz. peanuts
- 1/2 cup dried cranberries (or fruit mixture)
- 1/4 cup sunflower seeds
- 1 cup whole wheat shredded cereal squares
- 4 tbsp. olive oil
- 1 tsp. garlic powder
- 1 tsp. onion salt
- 1/2 tbsp. Worcestershire sauce
- 1/2 tsp. cayenne pepper



Directions:

1. Mix together the olive oil, spices, Worcestershire sauce, and cayenne pepper in a bowl.
2. In another bowl, combine the nuts, seeds, fruit, and shredded wheat squares.
3. Drizzle the dressing mixture over and toss to coat.

Nutrition Breakdown:

- Makes 10 servings
- 179 calories
- 12 grams of carbs
- 13.9 grams of fat
- 4.2 grams of protein



Healthy Snacks

Spicy Popcorn

Heat things up on game day with this delicious, spicy popcorn.

Ingredients:

- 2 tbsp. olive oil
- 1/2 tbsp. Worcestershire sauce
- 10 cups popped popcorn
- 1 tsp. paprika
- 1 tsp. pepper
- 1/2 tsp. salt
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/8 tsp. cayenne pepper

Directions:

1. Combine the olive oil, Worcestershire sauce, and spices in a bowl.
2. Drizzle over popcorn and place in the oven at 350 degrees F for about 15 minutes.
3. Stir occasionally throughout cooking time and then serve.

Nutrition Breakdown:

- Makes 10 servings
- 54 calories
- 6.2 grams of carbs
- 3 grams of fat
- 1 grams of protein

Kale Chips

Kale chips are low in calories, high in vitamin A and C, and rich in iron and calcium, making these a nutritional all-star. Serve them with your favorite variety of salsa and you'll be all set.



Healthy Snacks

Ingredients:

- 10 leaves kale
- 1 tbsp. olive oil
- Sea salt to taste
- Onion powder to taste (if desired)

Directions:

1. Begin by heating the oven to 275 degrees Fahrenheit.
2. Rinse the kale leaves until clean and then toss in a bowl with the olive oil.
3. Sprinkle over the salt and onion powder and then place on a non-stick baking sheet.
4. Bake for 30 minutes or until they're crispy and then remove and allow to cool on a paper towel.

Nutrition Breakdown:

- Makes 2 servings
- 117 calories
- 11.4 grams of carbs
- 7.5 grams of fat
- 3.8 grams of protein

Homemade Protein Peanut Butter Balls

Protein Peanut Butter Balls are quick and easy to prepare at home and will quickly provide your muscles with the nutrition they need.

Mix 2 scoops of [protein powder](#), ½ cup peanut butter, 1 cup of dry oats, and ¼ cup dried cranberries. Once a sticky mixture is formed (note that you may need to add a small amount of water to moisten), form into balls. Form a coating by rolling each ball in oats mixed with another scoop of peanut butter. Store in a Tupperware container.

Peanut Butter and Banana Roll-Ups

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S I N G L E M O M E N T F I T N E S S

Healthy Snacks

If you love the combination of peanut butter and banana, peanut butter roll-ups are great for when you're in a hurry. Spread 1 or 2 tablespoons of natural peanut butter over a whole-wheat pita or soft tortilla. Top with a sliced banana. Cut into smaller pieces and then store in a snack bag or Tupperware container.

This snack contains a great balance of healthy carbohydrates and fats, but lacks some protein, so consider drinking a protein shake along with it.



Mexican Tuna

Tuna is always a great grab-and-go protein source. Make good use of it in your quest for lean mass. To prepare this muscle-building snack, open and drain a can of tuna. Combine with ¼ cup salsa, ½ cup kernel corn, and chopped mushrooms, peppers, and carrots. Top with chili pepper for a nice metabolic boost, and garlic and onion powder if desired. If you plan to consume this within a few hours of making it, no need to keep it in a cooler. Any longer than that, and you should try and keep it chilled.

Apple with Low-Fat Cheese

You likely won't be consuming tons of fruits and vegetables during a mass-building phase, as they do add quite a bit of bulk to your diet. But for health's sake, still strive to consume at least three to five servings each day for the nutritional benefits they provide.

Apples are a great source of fiber and vitamin C and a quick-and-easy snack. Pair the apple with some low-fat cheese for added protein, a small amount of fat, and calcium, and you're all set.

Protein Shake with Raw Oats

When you're really in a hurry and don't have time to prepare much of anything, nothing beats a scoop of [protein powder](#) tossed into a shaker cup along with ½ cup of raw oats and a few tablespoons of flaxseeds.

This "just-add-water" snack will provide you with all three essential nutrients-proteins, carbs, and fats-and takes all of 30 seconds to consume. When you're trying to up those calories to build muscle faster, this is a great choice.

Canned Salmon with Whole-Wheat Crackers

Canned salmon is another welcome protein source. The high [essential fatty acid](#) content will supply your body with important nutrients for maximizing the muscle-building process.

Mix canned salmon mixed with some olive oil mayonnaise, add a few whole-wheat crackers for healthy carbs, and you have a perfect snack for taking on the road.



Healthy Snacks

Cottage Cheese with Canned Fruit

If you do have a cooler at your disposal, pack a small carton of low-fat cottage cheese and a can of fruit in water (or very light syrup to keep the sugar content down).

When ready to eat, simply open the can and dump the fruit and juice into the cottage cheese. This is a great way to instantly add flavor to a food that many people struggle to enjoy.

Protein Bar

Finally, if you're looking for another packable snack to always keep on you at all times, check out the wide assortment of [protein bars](#) available. Seek out one that contains at least 20 grams of protein per bar, as well as some healthy carbs and dietary fats.

Get Snacking

So, there you have it: fast-and-easy packable muscle-building snack ideas for you to consider. With all of these choices, there's never any reason not to be getting in the calories that you need.



Eating Healthy Away from Home

Sauces to avoid:

Sauces add calories. If there's a sauce on it, ask for it on the side or bare. Soy sauce and mustard are two that provide flavor and add nothing (except sodium). Foods cooked in high fat methods may include one of the following terms:

- Alfredo
- Au gratin
- Basted
- Battered
- Breaded
- Buttered
- Chile relleno
- Creamed
- Crispy
- Crunchy
- Gravy
- Hollandaise
- Refried (beans)
- Scalloped
- Sweet and sour
- Tempura

Breads:

If you are opting for a sandwich or anything on bread, ask for it unbuttered since many places sneak butter in

where it doesn't belong.

Healthy Asian Dishes:

- Sushi
- Miso
- Better sauces include ponzu, rice-wine vinegar, wasabi, ginger, soy
- Steamed brown rice



- Salads with no dressing, just chopped spices
- Steamed chicken (yes, they'll do this for you)
- Edamame
- Seaweed salad
- Cucumber salad

More quick

guidelines

Breakfast Outings

- Go for the higher protein food such as eggs and turkey bacon. Soak up any extra grease with a paper towel or napkin.
- For carbs, go for a slice or two of whole grain toast. Whole grain waffles or pancakes might be available so always ask. If you have only biscuits to choose from eat half the biscuit.
- Some buffets have a healthy cereal and fat free milk. Most buffets have fruit. Choose from the apples, pears, grapefruits, strawberries, and blueberries because they are lower in sugar.
- Avoid fruit juices. Use a natural sweetener or a little bit of real sugar in your coffee if you must. If you have to, use a very little bit of creamer. Many nice restaurants have cottage cheese on the menu for breakfast also. You can add some blueberries to the cottage cheese for some flavor.

Eating Lunches & Suppers Out

- Good ways to avoid sugar filled drinks is to get water and or unsweetened tea.
- Order your chicken, tuna, or other lean meat cooked without. Make sure it is broiled or grilled.
- When ordering vegetables out, a good rule of thumb is the greener the better.
- A great healthy desert would be a sugar free sorbet or a sugar free ice cream.
- Healthy appetizers when out to dinner could be shrimp cocktail without crackers or a few broiled or baked chicken wings with a little hot sauce.
- Make a grilled chicken sandwich healthy by ordering it without mayo. Instead use a mustard of some sort.
- If you have to have a hamburger, then eat it without half the bread and load it with lettuce, tomato, and mustard and no mayo.
- Keep your portions under control when you are out to eat. Try to never eat until full, only satisfied.



- If you cannot turn down a very fattening meal when you are over at a friends house, then just eat a little and do a few more minutes of cardio that evening or the next day.
- When out to eat, usually the more expensive the steak the less fat it contains.
- Watch out for those pasta plates that have very little protein, but has fattening sauce and full of carbs.
- Another idea for dessert could be a cup of coffee with a small scoop of ice cream as your creamer.
- Drink a lot of water before your meals to make you fuller and less likely to eat too much.
- Split a meal such as grilled chicken fajitas with your spouse or friend so you guys will not eat a full portion yourselves.
- If you are at a cookout look for the meats and veggies and maybe some beans to eat instead of the chips and dips.
- If you are out to eat at a Mexican restaurant ask for corn tortillas instead of flour tortillas because the corn would be less likely to spike your insulin levels and cause you to store more fat.
- When you order a salad, go for the vinaigrette dressings or your own oil and vinegar dressing.
- If you cannot avoid a fattening dressing, then get it on the side and dip your fork lightly in the dressing to eat with each bite.
- If you have not eaten all day and you go out for a meal you will be more likely to overeat because you are too hungry to begin with.

On the Road Healthy Foods & Snacks

- Plan what you will eat before your trip.
- Pack food if possible.
- If you can't pack food you may want to take the time to look up what eateries are in the area you will be driving in. Smart phones make this easy. Drive the extra mile to a place with a healthier menu
- If you are on the road and stop by a gas station for a snack, go for the beef jerky because of the lower carbs and some bottled water.
- About fruit juices: stay away from them because they are filled with excess sugar, calories and sodium.
- Avoid the greasy burgers and opt for a grilled chicken sandwich with no special sauces.
- Stay away from the chips at a gas station and choose some lightly salted almonds or some low fat
- pretzels.



For questions about routines and training, please contact Sylvia at info@brokesinglemomfitness.com, she's waiting to help you reach your goals.