

## EASIEST FIVE POUNDS YOU'LL EVER LOSE

You don't have to cook at home to eat healthy. On *The Early Show*, Men's Health magazine Senior Editor Matt Bean suggested "smart" meals available in restaurants or that simply need to be popped in the microwave. Even fast food restaurants might be helpful:

### BREAKFAST

#### Lesson 1: AVOID SNEAKY SUGARS & CALORIES

First things first - many of the foods we consider traditional breakfast items are full of sugar, and teeming with calories. Loading up on sugar at breakfast will set you up for an energy crash before your 10am meeting. Sugar hides in a lot of popular breakfast foods like granola and muffins. Ideally, your first meal of the day should contain no more than 6 grams of sugar. TRY:

- \* Nature's Path Heritage Heirloom Multigrain Cereal
- \* General Mills Cheerios (only 1g sugar per serving!!)
- \* McDonald's Egg McMuffin - yes, there IS something you can order from McDonald's that won't kill your diet. This only has 300 calories.

#### Lesson 2: FILL UP ON FIBER

Fiber helps you feel full so you won't be snacking before lunch. Look for something with 5-10 grams of fiber. TRY:

- \* Starbucks Perfect Oatmeal with dried fruit and nut medley and brown sugar
- \* Quaker "Instant Oatmeal: High Fiber Cinnamon Swirl"

### LUNCH

#### Lesson 1: BEWARE OF SODIUM

So many foods, both items from restaurants and pre-made items from the grocery store, contain lots of salt. Sodium can lead to weight gain because it causes your body to retain water. If this water is not released from your body, you will notice that over time you gain weight.

- \* Healthy Choice Country Vegetable Soup - Soups typically are high in sodium. You can control this if you bring your own from home.
- \* Subway's Oven Roasted Chicken Breast Salad - at 390 mg, this is one of the best low-sodium options at the major chain restaurants.

#### Lesson 2: GO FOR PROTEIN, NOT CARBS

It's easy to load up on carbs at lunch time - sandwiches, burgers, fries. This taxes your energy later in the day as your body works to break down all of those carbs. Protein on the other hand helps build muscle, and muscle helps burn fat. Plus, protein will help you feel full and prevent late-afternoon snacking. TRY:

- \* StarKist Flavor Fresh Tuna Pouch packed with 13g of Protein
- \* Wendy's Large Chili has 390 calories and 21g of Protein
- \* McDonald's Quarter Pounder, if you can skip the cheese is also a good balance of fat (18g), protein (24g) and carbohydrates (40g). Pair it with a side salad and water and you have a reasonable meal.

### DINNER

#### Lesson 1: SPICE UP YOUR MEALS

A recent study found that overweight people who sprinkled their food with zero-calorie spices lost an average of 30 pounds in six months, compared with 2 pounds in a control group. Plus, spices add so much flavor you won't miss some of a meal's more fattening components. Mexican may not strike you as healthy fare, but TRY:

- \* Taco Bell's Grilled Steak Soft Tacos "Fresco Style" - Ordering Fresco Style means your tacos are loaded with lettuce and chunky tomato salsa, rather than artery-clogging sour cream and cheese. Bonus: Taco Bell is one of many chain restaurants that has switched over to trans fat-free frying oil.
- \* Chipotle "Burrito Bowl" - with pinto beans, carnitas, green salsa and lettuce.

## Lesson 2: VEG OUT

Of course we all know that vegetables are an essential diet component, but did you know that only 1 in 4 people eat the recommended daily amount? Yes, it's possible to buy restaurant and freezer-aisle vegetables that are not covered in cheese or fried to a crisp. TRY:

\* Kashi has great frozen dinners that pack in the vegetables! You can stock your freezer and have a different veggie-filled meal each night, no matter what time you get home from work. For instance, The Kashi Tuscan Veggie Bake has yellow squash, roasted eggplant, red onion, and sweet potato!

\* Or, hit Boston Market on the way home and pick up there already-prepared side dishes such as green beans, steamed vegetables or garlic dill new potatoes. Pair with Boston Market roasted turkey or rotisserie chicken for a full meal.