

**MINI MEALS**  
**EXAMPLES OF 200-300 CALORIES**

1. Half **Turkey Sandwich** (light “insides”)
2. 2 **eggs** with yolks and 1 slice **whole grain bread** (no butter)
3. Light **yogurt** + 1 Tbsp. **natural peanut butter**
4. “Open face” **sandwich** with **meat, veggies, light mayo**
5. **AdvoCare Meal Replacement Shake**
6. **Advocare bars** (many varieties)
7. ½ cup **brown rice** (cooked) + 3 oz. **chicken**
8. ½ cup **oatmeal** (no butter or sugar + 1 scoop of **Muscle Gain powder**)
9. 3 oz. **Tuna** fish (no oil) + 6 small **whole grain crackers**
10. 3 oz. ground **turkey** meat + ½ cup **whole grain pasta**
11. 25 **almonds** + ½ piece of **fruit** + 1 scoop **Muscle Gain powder**
12. 3 oz. **salmon**
13. 3 oz. **chicken** + ½ cup **grapes**
14. 2 hard boiled **eggs** + **low-fat mayo+mustard** + 1 piece **whole grain bread**
15. 1 small **apple** + ½ cup **low-fat cottage cheese**