



## MIDAFTERNOON SNACK

Larabar Pecan Pie (1 bar)

220 calories • 3 g protein • 24 g carbohydrates (4 g fiber) • 14 g fat • 0 mg sodium

The typical snack bar is bloated with furtive sweeteners and heavily processed soy products, but this bar is honest food, simple and nutritious. Its sugar comes from natural dates, and outside that, you'll find only two ingredients: pecans and almonds.

## DINNER

### ► THE CHECKLIST

- Am I eating this meal at least 2 hours before I go to sleep?
- Can I identify at least one source of protein and one source of fiber?
- Can I point to the produce in this meal?
- Is this the smallest of my three main meals of the day?

The average man eats about 900 calories at dinner. The problem? Dinner ought to be his smallest meal of the day. Loading up on energy before you head off on your day's errands makes sense, but doing that before you fall asleep in front of *The Colbert Report* doesn't. The goal is to keep your belly full during waking hours only; there's no need to load up your body with lots of calories when it's about to go to sleep.

So stop thinking of dinner as an end-of-day binge and start thinking of it as an opportunity to nab the last few nutrients you need for an optimal day of eating. Ideally, your dinner should be about half of what you're probably eating now—no more than about 450 calories. That's roughly 20 percent fewer calories than you took in at breakfast or lunch, and that's plenty if you've stuck to the plan so far. After two big meals and two hearty snacks, your appetite should be moderate and your cravings under control. Besides, you still have dessert to top it all off!



For more ways to drop pounds in the real world, pick up a copy of the *Eat This, Not That! No-Diet Diet*, by MH editor-in-chief David Zinczenko and Matt Goulding, available in stores and at [eatthisnotthatdiet.com](http://eatthisnotthatdiet.com).

## AT HOME

**Kashi Stone-Fired Thin Crust Margherita Pizza** (½ pizza)

+ **Baby Spinach** (2 cups)

Spinach boasts ample vitamin K and vitamin A, plus folate acid; a recent Swedish study found that a compound in spinach could also boost the efficiency of the cells' mitochondria, in turn helping oxygen consumption during exercise.

+ **Chopped Walnuts** (2 Tbsp)

With the addition of walnuts, you transform a drab bed of dressed leaves into a legitimate salad. Plus, gram for gram, walnuts pack in even more omega-3 fats than salmon does.

+ **Newman's Own Lighten Up Balsamic Vinaigrette Dressing** (2 Tbsp)



### MEAL TOTAL

• 422 calories • 18.5 g protein  
• 36.5 g carbohydrates (7 g fiber)  
• 23 g fat • 1,001 mg sodium

## RESTAURANT

### DOMINO'S PIZZA

**Thin Crust Ham, Mushroom, Green Pepper, and Onion Pizza** (¼ large pie)

A combo of lean meat, three kinds of vegetables, and a thin crust keeps the calorie count low but your satisfaction high.

+ **Garden Fresh Salad** (½ salad)

This side salad provides a couple of extra grams of fiber (the better to fill your belly), plus more than a third of your day's recommended intake of vitamin C and 120 percent of your vitamin A.



### MEAL TOTAL

• 480 calories • 20 g protein  
• 43 g carbohydrates (4 g fiber)  
• 22.5 g fat • 980 mg sodium

## DESSERT CHEAT SHEET

Sensible choices during the day leave you plenty of caloric space for dessert—and the anticipation of a reward will help keep you motivated.



### ► THE CHECKLIST

- Have I met my other nutritional goals for the day so I can afford an indulgence?
- Am I eating this within 2 hours of dinner to help blunt a potential blood sugar spike?
- Can I point to at least one beneficial ingredient, such as fruit, antioxidants, or dairy?
- Is this dessert smaller than a snack—about 200 calories or less?

## BEST COOKIES

**Newman-O's Mint Crème Filled Chocolate Cookies** (2)

• 130 calories • 4.5 g fat • 10 g sugars

*Newman-O's takes the gold trophy for cookie credibility with a recipe that features simple, mostly organic ingredients. Think Oreo or Famous Amos can make a claim like that? Not a chance. Add a small glass of milk for dunking and you earn a glucose-stabilizing shot of complete protein.*

## BEST CHOCOLATE BAR

**Green & Black's Organic Dark 70% Bar** (½ of a 3.5 oz bar)

• 182 calories • 14 g fat • 10 g sugars

*Time to swear off milk chocolate. The dark stuff contains far more epicatechin, an antioxidant that may relax blood vessels. With 70 percent cocoa, this organic bar is perfect—dark enough to provide cocoa's benefits, but sweet enough to be indulgent.*

## BEST FRUIT BAR

**Kashi TLC Soft-Baked Ripe Strawberry** (1 bar, 35 g)

• 130 calories • 3 g fat • 9 g sugars

*You wouldn't guess it, but the soft-baked shell is made with whole grains and the bar contains 3 grams of hunger-fighting fiber.*