

**A Day in the Life**  
By Tami Scott IN 1408 Danville  
This was a tasting meeting of the following recipes.

**TOPS LESSON 04-OCT-2016**

**\*\*DOPE – DOPEY – DOPER\*\***

(See explanation at the end)

**Breakfast: Your Favorite Greek Yogurt**

- 1 C. NONFAT PLAIN GREEK YOGURT
- 1 T. Sugar-free Preserves
- 1 t. Vanilla
- 1-2 packets sweetener

Nutrition: (depending on brands chosen)

150 Cal	10g Carbs	0g Fat	24g Protein
---------	-----------	--------	-------------

---

**Lunch: Fancy Fancy Salad**

- 3 C. Artisan Lettuce
- ¼ C. Broccoli
- ¼ C. Raisins (seedless)
- ¼ C. Almonds (sliced, unsalted)
- ¼ C. Soynuts (roasted, salted)
- 2 Hardboiled Eggs
- 4 T. Kraft Lite Raspberry Vinaigrette Dressing

Nutrition Facts: (Please keep in mind these are **GOOD FATS**)

596 Cal	34.2g Fat	50.9g Carbs	29.5g Protein
---------	-----------	-------------	---------------

---

**Dinner: Baked Chicken Breast with Broccoli**

- 1 piece baked Chicken Breast (~4oz)
- 2 C. Steamed Broccoli

Nutrition:

180 Cal	8g Carbs	1g Fat	25g Protein
---------	----------	--------	-------------

**Snack:** Fuji Apple

**Nutrition:**

71 Cal            19g Carbs            0.2g Fat            0.3g Protein

---

**Nutrition total for the day (so far):**

957 Cal            88g Carbs            35.4g Fat            72.8g Protein

---

**Foods to add as an addition to a meal, a snack or an entire meal:**

**\*\*OR WANT TO BINGE?? DO IT & STAY ON TRACK!!\*\***

Canned Pumpkin – (add some Pumpkin Pie Seasoning & sweetener)

Nutrition: (3.5 servings for the WHOLE CAN!)

50 Cal            11g Carbs            0g Fat            2g Protein (Per Serving)

**175 Cal            38.5g Carbs            0g Fat            7g Protein (ENTIRE CAN OF PUMPKIN)**

Mukimame – (Shelled soybeans, steamed. Season with NoSalt brand seasoning)

Nutrition: (5 servings for the WHOLE BAG!) **EAT INSTEAD OF POPCORN**

150 Cal            8g Carbs            4.5g Fat            12g Protein (Per Serving)

**600 Cal            40g Carbs            22.5g Fat            60g Protein (FOR THE ENTIRE BAG)**

If you add and ENTIRE can of pumpkin and an ENTIRE bag of mukimake:

**Nutrition:**

**1732 Cal            166.5 Carbs            57.9g Fat            139.8g Protein**

## **Recommended Calories per Day to Lose Weight:**

Women – 1500 Calories (try not to go below 700 calories/day)

Men – 2000 Calories (try not to go below 1000 calories/day)

## **Artificial Sweeteners Explained**

(Pink – BAD, Blue – BAD, Yellow – GOOD, Green – GOOD)

**PINK PACKETS - Saccharin (Sweet'N Low) BAD**

- **Calories: 0**
  - **it's a molecule made from petroleum**
- 

**BLUE PACKETS – Aspartame (Equal) BAD**

**Calories: 4 calories per gram**

- **some people may have a sensitivity to aspartame and may experience headaches, dizziness, mood changes, or skin reactions after consuming it**
- 

**YELLOW PACKETS - Sucralose (Splenda) GOOD**

**Calories: 0**

- **no toxic or carcinogenic effects or neurological risks to people**
- 

**GREEN PACKETS – Stevia (Truvia) GOOD**

- **Calories: 0**
  - **naturally derived**
- 

**REAL SUGAR - contains only 11 calories (four calories per gram)**

**DOPE – DOPEY – DOPER**

**Drink On Purpose Every day!!**

**Drink on Purpose Every day, You!!**

**Drink on Purpose Every day for Results!!**

1 T. Sugar-free Preserves

1 t. Vanilla

1-2 packets sweetener

Nutrition: (depending on brands)

150 Cal      10g Carbs

Salads: Fancy Fancy Salad

3 C. Artisan Lettuce

¼ C. Broccoli

¼ C. Raisins (seedless)

¼ C. Almonds (sliced, unsalt)

¼ C. Soynuts (roasted, salted)

2 Hardboiled Eggs

Let's sing it to the Dr. Pepper cola toon of "I'm a Pepper"

I DRINK ALL MY WATER AND I AM PROUD

I USED TO FEEL ALONE IN A CROWD

NOW IF YOU LOOK AROUND THESE DAYS

THERE SEEMS TO BE A DRINK YOUR WATER CRAZE!

Chorus:

OH, I'M A DOPER, SHE'S A DOPER, HE'S A DOPER,  
WE'RE ALL DOPER'S

WOULDN'T YOU LIKE TO BE A DOPER TOO?