

Weight Management Food Resources

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As you embark on a lifestyle change such as this one, it's important to have a list of foods that are quick, natural, pure, low in sugars/carbs & fats. So I have taken the time to compose a list of foods that are quick and will support your journey in weight loss for those grab and go times in your crazy schedule.

Snacks

Simply Protein Bars/chips: can be found at Costco, Superstore, Community Natural Foods, Mrs. Greens

Kale chips: Can be found in most health food stores

Lunch/Dinner out

Here are some common fast food places that have unexpected options:

Edo: low-carb, no rice-double veggie. You can simply ask for no rice and double the veggies, and no sauce, as it contains a load of sugars and fats, not to mention MSG.

Wendy's: Salad. They usually have a good variety of 4 salads, opt for the ones with grilled chicken as opposed to deep fried. And you can control the amount of dressing you use.

A&W: Ask for a lettuce wrapped burger. They will know what you are talking about.

Opa: low carb plate. Get a Caesar or Greek salad with your choice of a meat skewer (lamb, chicken, shrimp, and beef).

Mucho Burrito: salad bowl. This comes as a fairly large salad with your choice of protein (tilapia fish, chicken), guacamole and fresh veggies. Just resist the urge to consume the chip bowl it comes in!

Subway: build a salad. Get a salad with your choice of meat, veggies and dressing. There are lots of options here depending on your tastes.

Good earth: wonderful, fresh, ready-made salads with protein.

Superstore: salads in the cold section, they are ready to go with your choice of dressing on the side.

Fine Dining restaurants: ex. The Keg, Earls, Original Joes...

These places usually have an option of salad with protein or they will have steak and steamed veggies. Just ask your server.

As you can see there are lots of options around. It's a matter of choice; it is possible to maintain your weight especially through the summer when we crave fresh salads!

Here's a list of fast food places you should avoid and why:

MacDonald's: They have salads, but they are usually not that fresh.

Timmy's: no salads or low-carb options, and soups are very salty.

Starbucks: every option includes a white carb in some form. The protein pack is an ok option, but is very expensive for what you get!