

THE VIRTUAL TRAINER NUTRITION ADVICE

(Sponsored by FITNESS LANE INC.)

Did You Know?

EVERYONE'S FAVORITE - PIZZA (Papa John's or Pizza Hut)

Calories: 530 to 720 per whole pie

Exercise equivalent: Walking, biking or running

Walking: 210 minutes

Biking: 120 minutes

Running: 90 minutes

PORTION CONTROL AND WEIGHT LOSS

One of the key ways to lose weight and maintain a healthy weight is through portion control.

HEALTHY SNACK WRAP

INGREDIENTS:

- 1 8" Whole wheat tortilla
- 2 tbsp natural peanut butter or almond butter (hummus optional)
- 1 tbsp slivered almonds (or other nuts or raisins)
- 1 medium banana, sliced
- 1 tsp honey

Lay tortilla on a plate, spread evenly with nut butter and top with almonds and banana slices. Drizzle honey over top and roll tortilla. Cut in half and serve.

Calories: 230, Total Fats: 2 g, Carbohydrates: 30 g, Protein: 10 g

BAJA FISH TACOS

Ready in 20 minutes - Makes 4 servings

- 1 tablespoon olive oil
- 1 pound tilapia fillets
- 1/2 cup Greek yogurt
- 1/4 cup lime juice
- Garlic salt, to taste
- 4 whole wheat tortillas (optional)
- 1 cup shredded green cabbage
- 1/2 cup salsa

Coat a skillet with oil, then place over medium heat. Cook tilapia fillets, about 7 minutes per side, or until opaque and flaky. Meanwhile, in a small bowl, whisk together yogurt, lime juice and garlic salt. To assemble, place cooked fish in tortillas, top with cabbage, yogurt sauce and salsa.

Calories: 218, Fat: 2 g, Carbohydrates: 17g, Protein: 29 g

Magnanimous Mango Shake

1 cup of Silk (soy milk)

1 tbsp. Protein powder

1/2 chopped mango - blend until smooth!

P3: POWER PROTEIN POPSICLES ~

- 1 cup egg whites
- 2 scoops chocolate whey or vanilla protein powder

Blend all ingredients together in a blender and pour mixture into ice pop trays (or small dixie cups with long swishie sticks) and freeze overnight.

Calories: 150, Fat: 10 g, Protein 25, Carbohydrates: 12 g

GRAINS O' LICIOUS

Try adding these to your diet TODAY!!!!!!!!!!!!!!