

Coffee Lovers 1400 Calorie Survival Guide

By Emily Northington, MS, EP-C, FNS – Exercise Physiologist & Nutrition Specialist
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If you're getting derailed on your coffee run, use this survival guide to pick up a sensible option that you can fit into a 1400 calorie plan. Choose all of the items in any of the boxes below, which total to the calories and protein amounts shown beneath.

	<u>Wawa</u>	<u>Starbucks</u>	<u>Dunkin Donuts</u>
Breakfast	<ul style="list-style-type: none"> • Ham, Egg White & Cheese on Multigrain English Muffin • An Orange • Brewed Coffee, black, any size 	<ul style="list-style-type: none"> • Spinach & Feta Breakfast Wrap • Brewed Coffee, black, any size 	<ul style="list-style-type: none"> • Sweet Black Pepper Bacon Wakeup Wrap • Brewed Coffee, black, any size
Track	330C and 23G	290C and 19G	210C and 16G
Lunch	<ul style="list-style-type: none"> • Ham & Cheese Pretzel Thin • Watermelon Cup • Unsweetened Iced Tea, any size 	<ul style="list-style-type: none"> • Ham & Swiss Panini • Seasonal Fruit blend • Unsweetened Shaken Iced Passion Tango Tea, any size 	<ul style="list-style-type: none"> • Sliced Turkey Sandwich • An Orange • Unsweetened Iced Tea, any size
Track	290C and 16G	440C and 25G	420C and 27G
Mid-Day	<ul style="list-style-type: none"> • Quest Bar • Medium Nonfat Iced Latte 	<ul style="list-style-type: none"> • Field Trip Turkey Jerky • Tall Iced Skinny Vanilla Latte 	<ul style="list-style-type: none"> • A Banana • Large Iced Macchiato, skim milk
Track	250C and 27G	130C and 18G	210C and 9G
Dinner	<ul style="list-style-type: none"> • Junior Chicken Steak w/ Marinara, Spinach and Sautéed Onions • Garden Salad w/Fat Free Italian • Bottle of Water 	<ul style="list-style-type: none"> • Chicken Black Bean Salad Bowl • Bottle of water 	<ul style="list-style-type: none"> • Chicken Apple Sausage Sandwich • Bottle of water
Track	425C and 26G	360C and 19G	360C and 24G
Sweet Tooth	<ul style="list-style-type: none"> • Two Mini Reese's Cups • Decaf Vanilla Coffee, black, any size 	<ul style="list-style-type: none"> • Petite Vanilla Scone • Tall Nonfat Decaf Cappuccino 	<ul style="list-style-type: none"> • Two Cinnamon Munchkins • Medium Decaf Vanilla Lite Latte
Track	90C and 2G	180C and 8G	230C and 11G

Let's DO this,
 Emily

This was not intended for use as a daily diet, it was intended to supplement an existing weight-management plan as an example of a common fast food option. If you want this kind of awesomeness in a customized daily plan tailored for you, make an appointment with Emily today at <http://www.drseitzerweightloss.com>

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