

Quick snack picks

Choose three a day—two from the 75-calorie group and one from the 100-calorie group.

“When you realize that eating well isn’t a sprint but a marathon, and that it’s perfectly normal to make mistakes sometimes, you’ll be far less anxious,” says Dr. Oz. “I like to compare it to using a GPS. When I make a mistake, my GPS doesn’t say, ‘How could you have missed that turn *again?*’ It merely says, ‘Recalculating.’” Every plan, he believes, needs to have room for nonjudgmental U-turns: “So you ate something, and now you regret it. Just hit Reset and start again.”

➔ **SLEEP!** Lots of folks think they’ve got low energy, says Dr. Oz, when what they really need is more sleep. If you don’t get enough, he warns—“and that means about seven and a half hours per night”—your body will crave carbohydrates, usually of the donut variety. The link between getting too little sleep and being overweight is well established, but happily, new research shows that it also works in reverse—a 2012 study from Johns Hopkins found that shedding about 15 pounds results in a 20% improvement in quality of sleep.

If you’re sure you’re getting enough sleep but still feel draggy, don’t abandon your exercise, Dr. Oz says: “It should make you feel more alive.”

So should the magnesium-rich foods on this plan. Getting too little of this mineral is a major cause of the blahs, says Dr. Oz. “It’s required for building energy stores in cells, and it’s involved in metabolism. And most of the population doesn’t get enough.” These meals, loaded with magnesium-rich greens, whole grains, and nuts, will give you that missing pep while filling you up and thinning you down.

Welcome to spring! GH

75 calorie snacks



7 Dole Nutrition Plus Chia & Fruit Clusters (any flavor)



1 mini whole wheat pita with 1/2 tsp. PB and 1 strawberry, sliced



20 frozen grapes



Turkey wrap Spread 2 tsp. honey mustard on 3 thin slices turkey (no nitrites or nitrates added); top with 1/4 c. sliced apple; wrap in lettuce



1 tsp. goat cheese and a sun-dried tomato on each of 2 Triscuits



1/2 oz. dark chocolate-covered ginger



1/2 c. each fresh raspberries and fresh blueberries



2 Tbsp. red pepper hummus with veggie dippers

100 calorie snacks



One 100-calorie bag microwave popcorn with 5-spice powder



1/2 c. pickled beets topped with 2 tsp. crumbled goat cheese



14 toasted almonds



1/4 c. Sunsweet Plum Amazins



Gorp 1/4 c. breakfast cereal used in meal plan + 1 tsp. sunflower seeds + 1 tsp. raisins + 1 tsp. semisweet chocolate mini chips



1 mini Kind bar



1 snack cup Healthy Choice Frozen Greek Yogurt



CLICK HERE

For the **full week’s meal plan** and recipes, **PLUS more snacks** and diet-friendly frozen entrees, go to goodhousekeeping.com/energy-diet

3

Focus on the sensory details of your meal: colors, flavors, textures, aromas, the sounds foods make as you chew.

4

Enjoy a meal without speaking for at least five minutes.