



A BEST LIFE DAY

Ripped straight from TheBestLife.com's meal plans, this day comes to **1588 calories**. But look at all the food! It feels like hundreds more calories. And the best part: as a member, you can swap out the breakfast, lunch or any other meal for hundreds of other ones. We figure out the calories and nutrition, you simply choose the meals. Or, you can add or remove foods from our meals, or design your own meals and get an instant nutrition analysis of your tailor-made day.

As with all Best Life days, no matter what meals you choose, you'll get lots of slimming fiber (25 g or more); 50 to 100% of your daily calcium needs, and lots of fruits and vegetables. You'll notice our grains are whole grains, and we use lean protein (like the beans at lunch and the flank steak at dinner), and healthy fats (such as olive oil, nuts and avocados).

MEAL PLAN:

BREAKFAST: 391 calories

Pumpkin muffin served with strawberries and light vanilla soy milk

Make muffin and spread with honey:

Pumpkin Muffin, 1 serving (see recipe below)
Honey, 1 tsp

Serve with:

Silk Light Vanilla Soymilk, 1 cup (240 mL)

And:

Strawberries, fresh, 1/2 cup, halves

LUNCH: 430 calories

White bean salad with a side of grapes

Make bean salad:

Balsamic Vinegar, 1 tsp
White beans, canned, low sodium , 2/3 cup
Rosemary, dried, 1/4 tsp (or 1 tsp chopped fresh)
Olive Oil, 2 tsp
Turkey bacon, 1 slice, cooked and crumbled
Avocados, California (Haas), 1/4 fruit
Celery, raw, 1/2 cup, diced
Onions, raw, 1/4 finely chopped

Spoon bean salad over:

Mixed Greens, 2 cup

And serve with grapes:

Grapes, 1/2 cup, seedless

DINNER: 525 calories

Balsamic flank steak with couscous and asparagus (see recipe below)

Basic Balsamic Flank Steak, 1 serving

Prepare couscous according to package and toss with raisins and pine nuts:

Whole wheat couscous, 3/4 cup cooked

Raisins, 1 tbsp

Pine Nuts, 1 tbsp

Serve with steamed asparagus with a healthy spread

Healthy spread (such as Smart Balance Buttery Spread), 2 tsp

Asparagus, 8 medium spears, (5-1/4" to 7" long)

SNACK: 152 calories

Low fat yogurt and almonds drizzled with maple syrup

Low fat, plain yogurt, 6 oz

Almonds, 2 tsp slivered almonds

Maple Syrup, 1 tsp

ANYTHING GOES (TREAT): 90 calories

1 Nonni's Originali Biscotti

Serve with:

A cup of green or black tea

RECIPES

BREAKFAST: Pumpkin Muffin

Velvety, moist, and not-too-sweet, these muffins are packed with vitamins and fiber.

Ingredients

2 cups wheat bran
1/2 cup boiling water
1 cup Libby's pumpkin
2 eggs
1 1/2 cups skim milk
1/4 cup honey
1/4 cup sugar
3 Tablespoons canola oil
1 cup whole wheat flour
1 cup flour
1 tablespoon baking soda
3 teaspoons cinnamon
1 1/2 teaspoons ginger
1/4 teaspoon clove
1/8 teaspoon salt
1/2 cup walnuts chopped

NUTRITIONAL INFORMATION 1 Serving

Calories: 265
Protein: 7g
Carbohydrate: 39g
Dietary Fiber: 7g
Total Fat: 12g
Saturated Fat: 1.3g
Cholesterol: 36g
Sodium: 351mg
Calcium: 78mg

Directions:

1. Combine bran, water and pumpkin and let sit for at least 5 minutes.
2. Whisk together eggs, milk, honey, sugar and oil.
3. Combine egg mixture with bran mixture and stir till smooth.
4. Mix in flours, baking soda and spices.
5. This batter can be kept in the refrigerator for 1 week and cooked as you need it.
6. Put a scant 1/2 cup of batter into each muffin tin sprinkle with walnuts and bake for about 20 minutes till tops are brown and a toothpick tests clean.

DINNER: Basic Balsamic Flank Steak

Ingredients

1 1/2 pounds whole flank steak
2/3 cup balsamic vinegar
1 tablespoon black pepper
2 cloves garlic, crushed

Directions: Serves 5

Poke the meat with a fork to help the marinade penetrate.

Mix the marinade in a large resealable bag, reserving 1/4 cup. Drop the steak into the bag and refrigerate it for up to 24 hours.

Grill for 6 to 8 minutes per side (until medium rare).

Brush with the reserved marinade before serving. Slice diagonally across the grain in thin slice.

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