



FAST DAY FIXES

Packed with delicious 50 calorie, 100 calorie, and 200 calorie ideas that keep you full, and fill your day with taste and variety, especially for people on the run.



fast day fixes™

Fasting doesn't have to mean you go hungry. In fact, there are many, many low-calorie options to help you stay full and stay on track, especially when you're on the go. Whether it's in your handbag, your work kitchen, the car, the gym bag or at home, we've got you covered with this awesome little e-book: Fast Day Fixes.

PLUS WE'VE GOT SOME GREAT SUGGESTIONS FOR WHEN YOU'RE AT THE SHOPS OR DINING OUT, SO LET'S GO!

50 calories or less

Think 50 calories is practically nothing? Prepare to be #MindBlown.



½ PUNNET OF STRAWBERRIES
= 40 CALORIES



1 SMALL APPLE
= 50 CALORIES



1 CUP OF SALTED AIR-POPPED POPCORN
= 50 CALORIES



1 CUP OF WATERMELON
= 50 CALORIES



1 SMALL HARD-BOILED EGG WITH CRACKED
PEPPER AND SALT = 50 CALORIES



A DOZEN SHELLD PISTACHIOS
= 50 CALORIES

PLUS ALL OF THESE:

- » ½ slice bread thins with vegemite = 50 calories
- » 1 piece of sliced cheese = check the packet panel - some come in at less than 30 calories!
- » ½ cup of melon with 2 tablespoons of cottage cheese = 45 calories
- » 2 slices of turkey rolled in lettuce leaves = 45 calories
- » 1 oz (slice) of smoked salmon on 2 Wheat Thin crackers = 50 calories
- » 1 large tomato topped with basil, a little olive oil and a sprinkle of parmesan = 50 calories
- » Laughing Cow cheese wedge = 35 calories
- » Mini Babybel = 50 calories
- » ½ cucumber cut into sticks with a tablespoon of hummus = 50 calories
- » 1 carrot with 2 tablespoons of tzatziki = 50 calories
- » Bowl of chicken broth = check the packet panel - some come in at less than 30 calories!
- » Frozen orange, cut into wedges = 50 calories
- » 1 cup of juicy cherries = 50 calories
- » 3 large pickles = 50 calories
- » Cauliflower, finely chopped & microwaved, with 1 shallot and 2 tbsp. soy sauce = 50 calories
- » Konjac noodles with 1/5 jar pasta sauce = 50 calories
- » 1 large celery stalk with 2 tbsp. French onion dip (check panel) = 50 calories
- » 1 cup of miso soup = 35 calories
- » 10 olives = 40 calories
- » ½ corn cob = 50 calories
- » 2 Arrowroot biscuits and tea with a dash of milk = 40 calories
- » 1 large peach = 50 calories
- » 1 tbsp. of seeds = 50 calories
- » ½ cup of mixed berries = 50 calories

100 calories or less

100 calories can go a long, long way! Feast your eyes on these ideas:



1 CUP OF BLUEBERRIES
= 85 CALORIES



1 ROASTED CHICKEN DRUMSTICK (SKINLESS)
= 85 CALORIES



1 TIN OF TUNA IN LETTUCE CUPS
= 100 CALORIES



10 PRAWNS WITH LIME JUICE AND
CHILLI POWDER = 100 CALORIES



1 PUNNET (33!) CHERRY TOMATOES
= 100 CALORIES



4 SLICES OF TURKEY BREAST
= 88 CALORIES

PLUS ALL OF THESE:

- » A piece of toast with tomato and cracked pepper = 100 calories
- » 1 medium red apple = 70 calories
- » 2 slices of lean ham + 2 tbsp. light cream cheese = 100 calories
- » 3 oz prawns with 1 tbsp. cocktail sauce = 100 calories
- » 2 cups of mashed pumpkin with salt and paprika = 100 calories
- » A piece of whole wheat toast with two scrambled egg whites = 100 calories
- » 1 sliced red pepper with 2 tbsp. soft goats cheese = 100 calories
- » 20 baby corns dipped in soy sauce = 100 calories
- » 14 almonds = 100 calories
- » 1 rice cake with 2 tsp almond butter = 100 calories
- » 1 cup of raw spinach, dash of balsamic vinegar + 1 cup of diced watermelon = 100 calories
- » 1/3 cup white beans, 1 chopped shallot, 1 diced tomato with lemon = 100 calories
- » One baked apple dusted with cinnamon powder = 100 calories
- » 1 cup of grapes = 100 calories
- » 1 sliced kiwi fruit with 1 tbsp. shredded coconut = 100 calories
- » 1 cup of herbal tea + 3 squares of dark chocolate = 100 calories
- » 1 BBQ'd pork cutlet = 100 calories
- » 1 cup of salsa with 1 carrot cut into sticks = 100 calories
- » 1 crumpet with black tea = 100 calories
- » 1 cup minestrone soup = 80 calories
- » 50g baked beans on 1 slice toast = 100 calories
- » 1/3 cup of oats topped with berries = 100 calories
- » 4 slices of mango = 100 calories
- » 1 large sliced zucchini with olive oil spray and 2 tbsp. parmesan, baked = 90 calories

200 calories or less

And now for 200 calorie suggestions - this is actually feasting!



3 TURKEY MEATBALLS, ¼ JAR PASTA SAUCE AND ZUCCHINI ZOODLES = 200 CALORIES



2 WHOLEGRAIN WAFFLES WITH 2 TSP. ALMOND BUTTER AND CINNAMON = 170 CALORIES



40G LIGHT CREAM CHEESE, DILL, 1 OZ SMOKED SALMON ON ½ BAGEL = 210 CALORIES



1 WHOLE SWEET POTATO SLICED INTO CHIPS, BAKED, 2 TBSP. SWEET CHILLI SAUCE = 208 CALORIES



¾ CUP OF GREEK YOGHURT WITH 1 TBSP. HONEY = 200 CALORIES



1 CUP OF VEGETABLE SOUP, 1 SLICE OF TOAST WITH A TSP. OF BUTTER = 200 CALORIES

PLUS ALL OF THESE:

- » 1 cup mango cubes with three ounces of vanilla yoghurt = 185 calories
- » 1 frozen banana with 10 almonds = 180 calories
- » 4 Vita Weats (or equivalent crackers), ¼ avocado, cherry tomato x 4, sprinkle of parmesan = 200 calories
- » 18 tortilla chips, ½ cup salsa, ½ tbsp. sour cream, sprinkle light cheese = 200 calories
- » 1 slice whole grain toast and 2 small boiled eggs = 200 calories
- » Whole wheat pita bread with 2 tablespoons hummus = 170 calories
- » 1 cup shelled edamame sprinkled with salt = 200 calories
- » 1 medium apple, ½ cup carrots, ½ cup celery and 1 tbsp. peanut butter = 209 calories
- » 6 oz light yoghurt, 1 cup of diced melon and 8 almonds = 226 calories
- » Bake 200g of chick peas then toss in tsp. olive oil, salt, nutmeg, cinnamon, 1 tsp. honey. Rebake until caramelised = 200 calories
- » 1 string cheese and 7 kalamata olives = 200 calories
- » 1 can sweet corn with salt and paprika = 200 calories
- » Konjac noodles, chicken stock, ginger, lemon grass, 200g salmon + coriander = 200 calories
- » 1 cup cauliflower, finely chopped, ½ onion, 5 sliced mushrooms, 1 carrot, 2 slices lean ham, 1 tsp. olive oil, ½ chilli fried in wok = 200 calories
- » Zucchini zoodles, ½ tin tomatoes, oregano, garlic, 5 sliced mushrooms, 2 rashers of bacon (sliced) = 180 calories
- » Angel hair konjac noodles, 8 prawns, 1 tin bamboo, lime juice, coriander, basil, ¼ tin light coconut milk, 2 tbsp. green curry = 220 calories
- » 2 large tomatoes stuffed with cooked konjac rice, Italian herbs, garlic, ½ onion, stock and 50g turkey mince. Lightly spray olive oil, sprinkle with 10g low-fat cheese = 210 calories
- » Blended and drained cauliflower, ¼ cup shredded low-cal cheese, 4 egg whites, paprika = pizza base, top with 1 sliced tomato, basil, 8 prawns, garlic and ¼ more cheese = 200 calories
- » 600g of pumpkin cut into wedges & coated in 1 tbsp. frozen apple juice concentrate + cinnamon then baked = 170 calories
- » 7 walnut halves and 1 cup of sliced plums = 170 calories

out & about...

You don't have to hide at home on a fast day.
Here are some great ideas for eating out!



AT THE SHOPS?

The food court doesn't have to be a food trap!
Some healthier choices include:

- ▶ Take away soups - look for the calories. Vegetarian soups are often lower. Miso is also a great choice.
- ▶ Turkey and salad wraps
- ▶ Rice paper rolls with chilli dipping sauce
- ▶ Chicken and veggie stir fry without rice
- ▶ Hummus and tabouli with chicken breast
- ▶ Watermelon juice
- ▶ Sushi - prawn and cucumber



AT A RESTAURANT?

Ended up at a restaurant on a fast day?
Low calorie orders could include:

- ▶ Salads with dressing on the side so you dip, instead of pouring
- ▶ Protein additions such as chicken, salmon, turkey or lean meat
- ▶ Ask for the soup of the day and dive in if its non-creamy and packed full of veggies. Hold the bread!
- ▶ BBQ skewers
- ▶ Fish with vegetarian sides. Hold the fries or potatoes and choose pumpkin instead when possible.
- ▶ Steamed, grilled or BBQ'd instead of fried or deep-fried anything
- ▶ Sorbet or fresh fruit for dessert

TIPS

- ▶ Share a main with a friend and add a salad dish to supplement
- ▶ Sparkling water with fresh lime instead of wine
- ▶ Herbal or clear teas or coffees instead of cappuccinos