

Low-Calorie Mini Meals

5 Must-Knows About Mini Meals

True or False

- Mini meals contain less than 100 calories.
- Mini meals are only eaten at breakfast, lunch and dinner.
- It takes no planning to prepare a mini meal.
- Chips and salsa make a balanced mini meal.
- It's best to skip mini meals—snacking leads to weight gain.

Answer: They're all false. Mini meals weigh in from 100 to 400 calories each and they're not just "three squares"—or meals you squeeze in between them. Instead, they're enjoyed every three or four hours. These nutritional powerhouses do take some planning, so be sure to shop ahead for the foods you'll need. You might even find it easier to prep some dishes ahead of time. And they should always include a protein to best curb hunger and inspire weight loss.

Breakfast Burrito

Stuff a **La Tortilla Factory Smart & Delicious Low Carb, High Fiber tortilla** with 1 **scrambled egg**, 1 slice **extra-lean turkey bacon**, 1/4 cup chopped **red, green and yellow bell peppers** and **hot sauce**. **249 calories**

<http://www.familycircle.com/health/weight-loss/diet-plans/mini-meals-weight-loss-diet-plan/>

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By Blaine Moats

(we like La Tortilla Factory).

5 Healthy School Lunch Ideas

Our food director and registered dietician shares her best tips for preparing quick and nutritious meals to pack for your kids every day. By Regina Ragone

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Moms tell me one of their least favorite things about September is the thought of 10 long months of figuring out what to pack for lunch every day. My first piece of advice: Enlist assistants to help you—experts agree that getting the kids involved significantly ups the odds that they'll eat what you send. Brainstorm some options together before school starts, then use our primer to put it all together.

Tip: School cafeteria offerings are getting better and healthier all the time. (In other words, maybe you can give up packing for good!) Check back here in October for advice on how to work with your school to improve its lunches.

Sandwiches are a given. Choose a whole-grain bread, which will be digested more slowly than the processed white variety, helping blood sugar stay stable over the course of the afternoon. Try whole-wheat wraps, bagels or sandwich rounds to mix things up. Multigrain or whole-corn tortillas are also fun options

