

8 'ZERO-GUILT' PRE-DINNER, GRAZING SNACKS

- by Joey Atlas, M.S. – Exercise Physiology

NOTE: I always choose organic versions of these foods – you should too, if possible...

- 1** – 1 medium cucumber, chopped or sliced
 - add black pepper and sprinkle with a pinch of sea salt
 - add one tablespoon of balsamic or red vinegar
- 2** – 10 baby carrots with same seasonings as above
- 3** – 1 medium tomato or 20 mini (baby, grape, cherry) tomatoes
 - with same seasonings as above
- 4** – 1 small/medium apple (any variety)
 - cut into wedges and sprinkle with cinnamon
- 5** – 12 ounces of seltzer water (or club soda)
 - cut a lime in half and squeeze into separate glass
 - add a pinch of stevia powder extract to lime
 - mix until powder dissolves – then add to seltzer water and stir lightly
- 6** – 2 Or 3 celery stalks, chopped
 - squeeze a wedge of lemon juice over the celery pieces
 - spray once with olive oil air spritzer (you can buy these in most stores)
 - sprinkle lightly with onion powder, garlic powder, pepper and sea salt
- 7** -- ½ medium avocado – sprinkled with black pepper and pinch of sea salt
- 8** – 1 bottle of your favorite flavor of Atlasjuice™ - available in late 2008
 - visit www.Atlasjuice.com to sign up for special pre-release information and to be added to the preferred client, early notification list

Feel free to forward this list to ANYONE who you feel may appreciate or benefit from it.

Compliments of Joey Atlas, M.S. – Exercise Physiology
Author – 'Fatness to Fitness' – www.YourFitnessBook.com

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