

BALANCING YOUR MEALS



(Choose 1 item from the Protein, Carbohydrate, and Fats columns & add a variety of vegetable sources at lunch and dinner/ fruit at breakfast)

Dairy and Fruits are great options for Breakfast & Snacks!

PROTEIN Portion: palm size	CARBOHYDRATES / STARCHES Portion: ½ - ¾ - 1 cup or 2 slices of bread	HEALTHY FATS in MODERATION Portion: 1 tsp – 1 Tbsp																												
<p>Boneless/skinless chicken or turkey Pork loin Beef: loin, round, flank, 97% lean burger Turkey burger Turkey bacon Fish filets Tuna Sushi (Nigiri or Sashimi are leanest) Eggs (whites or eggbeaters preferably) Soy, Whey, or Casein protein powders (look for 5g or less total carbohydrates & no more than 2g of saturated fat. (<i>Whey protein Isolate is most absorbable</i>)) Bison Elk</p> <p>Vegetarian proteins: Tofu Tofu crumbles (<i>beef / chicken flavors</i>) Seitan Tempeh Braggs Liquid Amino Acids Edemame / Soybeans (<i>dried & fresh</i>) Starchy beans (<i>beans/legumes + rice/grain = a complete protein</i>)</p> <p>Nuts and Nut butters Seeds Milk Yogurt Cottage cheese/cheese</p> <p style="text-align: center;">*Items in BOLD fall into more than one category.</p>	<p style="text-align: center;"><u>Carbs/Grains/Legumes</u></p> <p>100% whole grain / steel cut oats Cereals (<i>look for >3g of fiber and <6g sugar</i>) Kashi blueberry flax waffles or other high fiber variety Wheat crackers (<i>look for 3+g of fiber per serving</i>) (<i>triscuits, All Bran crackers, Kashi, Wheat thins</i>) Whole wheat pasta Brown rice Barley (pearl) Bulgur Couscous Quinoa 100% whole wheat or grain breads, tortillas, or pitas Starchy beans: kidney, pinto, garbanzo, etc Hummus</p> <p style="text-align: center;"><u>Starchy Vegetables</u></p> <p>Big Squash (<i>ones that require cooking</i>) Potato (<i>sweet, yam, Okinawain, white, red</i>) Corn Peas</p> <div style="text-align: center; background-color: #e6e6e6; border: 1px solid black; padding: 5px;"> <p>FRUITS Servings: 2-3 daily (use for Breakfast & snacks)</p> </div> <p>Fruit – <i>all varieties</i> Choose fresh or frozen over dried, canned, or juice</p> <div style="text-align: center; background-color: #e6e6e6; border: 1px solid black; padding: 5px;"> <p>LOW-FAT DAIRY Servings: 2-3 daily (good for Breakfast & snacks)</p> </div> <p>Milk (<i>skim or 1%</i>) Yogurt Low-fat / non-fat cottage cheese Cheese: parmesan, mozzarella, part-skim Soy cheese (vegetarian)</p>	<p>Pesto Olive oil Peanut oil Sesame oil Canola oil Smart Balance Butter</p> <p>Nuts & Nut butters Flax seed (ground) Pine nuts Avocado</p> <p><u>Salad dressings:</u> Olive oil & Vinegarette is a great choice * <i>If you only like creamy dressings, use 1 Tbsp and incorporate other salad ingredients to add flavor. The serving size for “light” dressings is 2 Tbsp.</i></p> <div style="text-align: center; background-color: #e6e6e6; border: 1px solid black; padding: 5px;"> <p>NON-STARCHY VEGETABLES Servings: Unlimited ☺ ☺ ☺</p> </div> <table style="width: 100%; border: none;"> <tr> <td style="border: none;">Asparagus</td> <td style="border: none;">Broccoli</td> </tr> <tr> <td style="border: none;">Cauliflower</td> <td style="border: none;">Brussels Sprouts</td> </tr> <tr> <td style="border: none;">Lettuce</td> <td style="border: none;">Spinach</td> </tr> <tr> <td style="border: none;">Onions</td> <td style="border: none;">Bell Peppers</td> </tr> <tr> <td style="border: none;">Mushrooms</td> <td style="border: none;">Cabbage</td> </tr> <tr> <td style="border: none;">Bok Choy</td> <td style="border: none;">Cucumber</td> </tr> <tr> <td style="border: none;">Carrots</td> <td style="border: none;">Eggplant</td> </tr> <tr> <td style="border: none;">Tomatoes</td> <td style="border: none;">Radishes</td> </tr> <tr> <td style="border: none;">Zucchini</td> <td style="border: none;">Celery</td> </tr> <tr> <td style="border: none;">Collard Greens</td> <td style="border: none;">Kale</td> </tr> <tr> <td style="border: none;">Garlic</td> <td style="border: none;">Swiss Chard</td> </tr> <tr> <td style="border: none;">Green beans</td> <td style="border: none;">Artichokes</td> </tr> <tr> <td style="border: none;">Watercress</td> <td style="border: none;">Sprouts</td> </tr> <tr> <td style="border: none;">“Greens”</td> <td style="border: none;">Wheat Grass</td> </tr> </table>	Asparagus	Broccoli	Cauliflower	Brussels Sprouts	Lettuce	Spinach	Onions	Bell Peppers	Mushrooms	Cabbage	Bok Choy	Cucumber	Carrots	Eggplant	Tomatoes	Radishes	Zucchini	Celery	Collard Greens	Kale	Garlic	Swiss Chard	Green beans	Artichokes	Watercress	Sprouts	“Greens”	Wheat Grass
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<p align="center">COSTCO IDEAS</p> <p align="center">(Fresh foods are ALWAYS your healthiest bet – but when life gets busy, here are some healthy versions of convenience foods to incorporate into your day).</p>	<p align="center">FROZEN MEAL OPTION IF IN A PINCH</p> <p align="center">(Add a salad or extra vegetables)</p>
<p>“Amylu” All-natural Chicken breakfast sausage (Apple and Gouda Cheese flavor)</p> <p>“Don Lee Farms – All Natural Veggie burgers” (refrigerator cases by meat department)</p> <p>“Hans – All Natural” Chicken gourmet sausage (varied flavors, refrigerated, by the meat dept.)</p> <p>“Veggie Patch” Falafel Balls (located in refrigerator cases by the meat department)</p> <p>100% certified organic golden flax (located in cereal Isle)</p> <p>Bear Naked organic trail mix (limit to ¼ cup servings)</p> <p>Canned Tuna in spring water (Albacore – less fishy taste)</p> <p>Canned Wild Alaskan Salmon</p> <p>Cherry or grape tomatoes</p> <p>Coaches steel cut oats (cereal Isle)</p> <p>Dried Edemame</p> <p>Frozen Alaskan halibut or salmon fillets</p> <p>Frozen boneless skinless chicken breasts or strips</p> <p>Frozen organic berries</p> <p>Frozen organic Blueberries</p> <p>Frozen stir fry vegetable mixes</p> <p>Healthy Choice Premium Fudge ice cream bar</p> <p>Kashi Granola bar 3-flavor pack</p> <p>Mango Salsa</p> <p>Milton’s Vegetable Lasagna with Multi-Grain pasta</p> <p>Mini tuna & cracker snack packs for “on-the-go” snacks</p> <p>Organic Spring mix or Spinach</p> <p>Regular Salsa</p> <p>Tri-color peppers in produce department</p> <p>Turkey Tenders (jerky – watch the salt!)</p> <p>Wild Alaskan Salmon burgers (freezer section)</p>	<p>Amy’s Vegetarian Selections</p> <p>Healthy Choice</p> <p>Kashi</p> <p>Lean Cuisine</p> <p>South Beach Diet</p> <p>***Tip: frozen meals, and convenience foods are often high in sodium. When possible, look for foods with less than 300mg of sodium per serving, especially if you are on a salt restricted diet. Also, of sauces or spice mixes are included in the packaging, try using ¼ or ½ of seasoning packets.</p>



EXAMPLE MEALPLAN USING YOUR NEW RESOURCES

<u>Breakfast</u>	<u>Breakfast</u>
<p>¼ cup dried oatmeal (cook in water) 1 scoop / 1 Tbsp ground flax seed ½ cup blueberries or fruit of choice <u>Optional:</u> 1 – 2 scoops vanilla flavor protein powder 1 Tbsp slivered almonds or seeds</p> <p style="text-align: center;">OR</p> <p>6 oz vanilla soy milk 1 frozen banana 1 scoop ground flax seed 1-2 tsp. honey or use sugar substitute if desired 1 Tbsp Almond butter or Peanut butter</p>	<p>2 slices whole wheat / grain bread ¼ cup scrambled egg whites or egg beaters lean turkey slices</p> <p style="text-align: center;">OR</p> <p>2 – 6” tortillas ½ cup eggbeaters salsa onions and other veggies of choice</p>
<u>Lunch</u>	<u>Lunch</u>
<p>Salad:</p> <p>½ cup rice or couscous 1-2 Tbsp dried cranberries or raisins spinach greens or spring mix 2 tbsp dry roasted Edemame Fish, tofu, chicken, or veggie patty for protein Tomato (cherry or grape) Fruit flavor oil and vinegarette dressing or balsamic</p> <p style="text-align: center;">OR</p> <p>2 slices bread Tuna/lean meat/veggie patty Small amount of mayo / pesto / mustard Greens, tomato, sprouts, cucumber, onions, etc...</p>	<p>Pasta:</p> <p>Whole wheat pasta noodles Sauté garlic, red onion, and pine nuts in olive oil until browned Dice, tomatoes, sun-dried tomatoes, and olives if desired Prepare salmon, chicken, or use canned albacore tuna for protein Big bunch of baby spinach: Saute, steam, or add fresh Mix all ingredients together and add the following spices to taste: Basil, Italian Seasoning, red pepper flakes (optional) Add additional olive oil and stir thoroughly Top with a small amount of shredded parmesan</p>

<u>Dinner</u>	<u>Dinner</u>
<p>Baked or steamed fish Top fish with ¼ - ½ cup mango salsa Grilled veggies (see recipe) Or use mixed steamed veggies</p> <p style="text-align: center;">OR</p> <p>Chicken sausage / chicken breast / wild salmon burger 1 whole wheat bun / 2 slices of bread steamed veggies and / or salad</p>	<p>Chicken Breast / white fish Spinach and / or greens ¾ cup mixture of black beans, garbanzo beans & corn Sauté: red onion, garlic, and tri – color bell peppers (or eat raw) Tomato chopped Salsa as the dressing Avocado or small amt of sour cream (optional) Cilantro (optional)</p> <p style="text-align: center;">OR</p> <p>Veggie patty or chicken sausage ¾ cup wild rice mixed steamed vegetables flavor with small amt. of butter or olive oil Add citrus pepper spice or other flavoring of choice</p>

Key Points to Remember:

- Eat 3 meals per day
- Try to time meals no more than 4-5 hours apart
- If meals are greater than 5 hours apart – add a healthy snack in between to stave off overeating and cravings later in the day.
- Aim for ½ a plate of vegetables at lunch and dinner to help provide fullness and to increase your fiber and disease fighting antioxidants & phytochemicals
- Walk whenever possible: take the stairs, walk to work, walk on lunch hour, etc...

Healthy Snack Options: (aim for 200 calories or less)

Yogurt
8 oz glass of van / choc. Skim milk or soy milk
1 mozzarella cheese stick wrapped with 2-3 turkey slices
1 Apple sliced + 1-2 Tbsp of Almond butter or peanut butter
Low-fat popcorn

kashi granola bar
fruit & cottage cheese
¼ cup Bear Naked Trail Mix
1 fruit and ¼ cup nuts of choice