

Healthy Breakfast Ideas

Breakfast is the most important meal of the day. Studies show that eating a *healthy* breakfast can help give you:

- A nutritionally complete diet, higher in nutrients, vitamins and minerals
- Improved concentration and performance
- More strength and endurance to engage in physical activity

1 serving of Whole Grain (or starchy vegetable) + 1 serving of Lean Protein + 1 serving of Fruit+ Non-Starchy* Vegetables = A well-balanced, high-energy breakfast

*non starchy vegetables= any vegetable that is NOT corn, potato, sweet potato, winter squash, beets, peas or starchy beans

To make a healthy breakfast, choose *one item from each column*. Calorie Range = 300-350 calories

Vegetables	Fruit	Protein	Whole Grain
Zucchini	Pear (1 medium)	Skim milk (8oz)	High fiber cereal (3/4 cup)
Carrots	Berries (1 cup)	Low fat Greek yogurt (6 oz)	Kashi© cereal (1/2 cup)
Grilled eggplant	Unsweetened apple sauce (1/2 cup)	Low-fat cottage cheese (1/2 cup)	Fiber One© cereal (3/4 cup)
Celery sticks	Plums (2 small)	Peanut butter or almond butter (2 Tbsp)	Arnold's© 100% whole wheat Sandwich Thin
Spinach, tomato	Orange (1 medium or 2 "cutie" mandarins)	Turkey (3 slices), Laughing Cow Cheese© Wedge (1)	100% whole grain bagel thin
Mushrooms, onions	Banana (1/2 of medium)	Unsweetened soy milk (8oz)	Whole grain waffle (1 or 2 CD size)
Sliced tomato	Peach (1 medium) Sliced tomato	Turkey sausage (3 links) or veggie bacon (3 slices)	Whole grain pancake (1- or 2;CD size)
Onions, peppers	Grapes (1/2 cup)	Scrambled eggs (x2) or egg beaters (1/2 cup)	Whole wheat tortilla (1)
Tomato, cucumber	Pineapple (1 cup; juice removed)	Melted low fat cheese (1 slice)	Whole wheat English muffin (1)
Grilled asparagus	Melon (1 cup)	Low-fat ricotta cheese (1/4 c)	Barbaras© Puffin (1 cup)

Note: If you don't have time to fix breakfast, consider a meal service, a protein bar, protein shake or frozen breakfast type meal with a serving of fruit and raw veggies.

Protein bars: Kashi©, Balance©, Zone Perfect©, Luna©, Trader Joe's© Fiberful, Lara©, Atkins©, Clif©Mojo, Think Thin©, Gnu©, EAS© myoplex carb control, Pure Protein©, Fiber One© Protein

Protein shakes: Atkins©, Myoplex©, Pure Protein©, Premier Protein©, EAS©, Ensure© High Protein, Muscle Milk©

Frozen meals: Lean Cuisine©, Healthy Choice©, Amy's©, Good Food Made Simple©, Smart Ones©, Kashi©, Trader Joe© or Whole Foods© varieties, Special K©, Boca©, Jimmy Deans© or Morning Star© varieties

*Add fruit and non-starchy vegetable to frozen meal or bar

No time to shop? Try Instacart (grocery delivery service from most grocery stores including Whole Foods and Costco; place order online) or Peapod (online grocery store)

Healthy Lunch Ideas

A healthy lunch should be a daily priority. A balanced meal that is high in fiber and low in fat helps supply the body and mind with energy to avoid a mid-afternoon slump.

1 serving of Whole grain (or starchy vegetable) + 1 serving of Lean Protein + 1 serving of Fruit+ Non-Starchy* Vegetables = A well-balanced, high-energy lunch

*non starchy vegetables= any vegetable that is NOT corn, potato, sweet potato, winter squash, beets, peas or starchy beans

To make a healthy lunch each day, *choose one item from each column.* Calorie Range = 300-350 calories

Vegetables	Fruit	Protein	Whole Grain
Tomato and lettuce, baby carrots	Pear (1 medium)	Turkey breast (3 oz)	100% whole grain, high fiber bread (2 slices)
Broccoli, peppers, onions and tomatoes	Strawberries (1 cup)	Firm tofu, cubed (3 oz)	Whole wheat spaghetti noodles (1/2 cup)
Green onion, chopped romaine lettuce and salsa	Pineapple (1 cup juice removed)	Low-fat cheese (1/4 shredded) with black beans (1/2 cup)	Corn (2/3 cup)
Tomato sauce and green/red peppers	unsweetened Apple sauce (1/2 cup)	Skinless chicken breast, sliced (3 oz.)	Whole wheat pasta (1/2 cup)
Mushrooms, onions, red pepper	Plums (2 small)	Lean ground turkey (3 oz)	Instant barley (3/4 cup)
Tomatoes and cilantro	Orange (1 medium or 2 "cutie" mandarins)	Black beans (1/2 cup) Low-fat shredded cheese (1/4 cup)	Instant brown rice (1/2 cup)
Baby carrots	Banana (1/2 of medium), All- fruit jam (1 Tbsp),	All-natural peanut butter (2 Tbsp)	Whole grain sandwich thin
Mixed vegetables	Peach (1 medium)	Toasted almonds (2 Tbsp) & chick peas (1/2 cup)	Quinoa (3/4 cup)
Spinach, tomato and cucumber slices	Grapes (1 cup)	Tuna (4 oz with mustard or hummus)	Whole grain bagel thin
Lettuce, tomato, cucumber	Berries (1 cup)	Hummus (1/4 cup)	Flat Out© Wrap
Tomatoes, salsa and scallions	Melon (1 cup)	Ground soy meat (3 oz), Low-fat shredded cheese (1/4 cup)	Corn tortillas (2)
Sliced peppers and celery sticks	Apple (1 medium)	Lentil soup (1 cup) & Hummus (2 Tbsp.)	Whole wheat roll (size of a bar of soap)

Note: If you don't have time to pack or grab lunch or dinner, consider a meal service, meal replacement bar or frozen meal with a fruit and unlimited non-starchy vegetables.

Meal replacement bars: Kashi©, Balance©, Quest©, Zone Perfect©, Luna©, South Beach©, Genisoy©, Lara©, Atkins©, SlimFast©

Frozen meals: Lean Cuisine©, Healthy Choice©, Amy's©, Smart Ones©, Kashi©, Trader Joe© or Whole Foods© varieties, Boca© or Morning Star© varieties

*Add fruit and vegetable to frozen meal or bar

No time to shop? Try Instacart (grocery delivery service from most grocery stores including Whole Foods and Costco) or Peapod (online grocery store)

Healthy Dinner Ideas

The last meal of the day provides much needed nutrition after an active day. It's important to fuel your body properly before the 6-8 hour fast. Eating a well-balanced evening meal will help you will maintain a healthy body weight.

1 serving of Whole grain (or starchy vegetable) + 1 serving of Lean Protein + 1 serving of Fruit+

***Non-Starchy Vegetables** = A well-balanced, high-energy dinner with a healthful combination of fiber, vitamins, minerals and antioxidants.

*non starchy vegetables= any vegetable that is NOT corn, potato, sweet potato, winter squash, beets, peas or starchy beans

To make a healthy dinner each day, choose one item from each column. Calorie Range = 300-400 calories

Vegetables	Fruit	Protein	Whole Grain/Starchy Veg
Zucchini, mushrooms, onions	Pear (1 medium)	Chicken breast (3 oz)	Roasted potatoes (1/2 cup, cooked)
Tomato sauce (1/2 cup) and green beans	Strawberries (1 cup)	Baked Tofu or tempeh, diced (3 oz)	Whole wheat penne pasta (3/4 cup cooked)
Asparagus	Pineapple (1 cup juice removed)	Turkey meatloaf (3 oz)	Baked sweet potato (small; size of soap bar)
Spinach salad	Apple (1 medium)	Three bean salad (3/4 cup)	Whole wheat couscous (3/4 cup)
Romaine lettuce, and tomatoes & raw veggies	Plums (2 small)	Turkey breast (3 oz) Hummus (2 Tbsp.)	Whole grain bun (1 small)
Tomato slices, romaine lettuce, and pickle slices	Orange (1 medium or 2 "cutie" mandarins)	Lean ground beef/turkey patty (3 oz)	Whole wheat pita (1)
Green beans and chopped tomatoes	Banana (1/2 of medium)	Red bean chili w/ soy crumbles (1 cup)	Instant wild rice (3/4 cup, cooked)
Mixed Greens	Peach (1 medium)	Sea scallops (3)	Beets (1 cup, cooked)
Mushrooms, tomatoes, peppers and onions	Grapes (1/2 cup)	Grilled Salmon (3 oz)	Butternut squash (1 cup)
Mixed greens, tomato and cucumber	Berries (1 cup)	Low-fat cottage cheese (1 cup)	Whole grain flatbread (1)
Low sodium tomato soup (1 cup), spinach & tomatoes	Melon (1 cup)	Low-fat cheese (1 oz)	Whole grain, high fiber bread (1 slice)
Chopped tomatoes, onions, peppers and spinach	Apricots (2 medium)	Ground soy "meat" (3 oz)	Whole wheat tortilla (1)

Healthy Sample Menu (1,200 calories)

- Add volume (and nutrients) to meals and snacks with NON-STARCHY veggies
- Take a daily multivitamin/mineral supplement

					Calories	Protein (g)
Breakfast	100% whole grain bagel thin (1)	Peanut Butter (1 Tbsp.) OR Better N Peanut Butter© (2 Tbsp.)	Greek Yogurt (Chobani©100 calorie cup)	Pear (small)	370	16
Lunch	Chunk Light Tuna packed in water (4 oz.) Low fat mayo (15 cal/1 Tbsp.)	High fiber, 100% whole grain bread (2) Mustard	Romaine lettuce, tomato slices	Berries (1/2 cup)	315	24
Dinner	Black beans (2/3 c) Low fat shredded cheese (1/4 cup)	Instant brown rice (1/2 cup)	Spinach Salad Low Fat vinaigrette (20 cal/1 Tbsp.)	Salsa	360	18
Snack			watermelon (1 cup)	Kashi© peanut granola bar	180	6
No Calorie Beverages	Coffee, regular (1 cup)	Crystal Light© (8 oz)	Water (2+ cups)	Sparkling water and/or herbal ice tea (2+ cups)		
				Total Daily Calories	1,225	
				Total Daily Protein		64g

Sample Menu (1,500 calories)

- To achieve 1,500 calorie amount, include an additional snack and 4 ounces of animal/soy protein in lieu of 3 ounces indicated on the “Idea Meal Menus”
- Add volume (and nutrients) to meals and snacks with NON-STARCHY veggies
- Take a daily multivitamin/mineral supplement

					Calories	Protein
Breakfast	Instant Kashi© “Go Lean” Oatmeal (1 packet)	Walnuts (2 Tbsp.)	1 peach	Skim Milk or Soy Milk (1 cup)	400	18
Lunch	Deli turkey (lowfat; 4 slices, 3 oz.)	Arnold’s© 100% whole wheat sandwich thin	Hummus (2 Tbsp.)	Lettuce, tomato, cucumber, pepper strips Berries (½ cup)	350	14
Dinner	Chicken breast (4 oz) Olive oil (1Tbsp.)	Peppers, onions	Whole wheat couscous (¾ cooked cup)	Pineapple (1 cup)	495	32
Snack #1 & Snack #2	LF cottage cheese (½ cup) with Salsa, carrot sticks	1 apple (medium) & Nut/seed butter (1 Tbsp.)			260	18
No Calorie Beverages	Coffee, regular (1 cup)	Crystal Light© (16 oz)	Water (2+ cups)	Sparkling water and/or herbal ice tea (2+ cups)		
				Total Daily Calories	1,505	
				Total Daily Protein		82 g

Sample Menu (1,800 calories)

- To achieve 1,800 calorie amount, include 6 ounces of animal/soy protein instead of 3-4 ounces, 1 cup legumes in lieu of ½-2/3 cup and 1 cup of whole grain/starchy vegetable in lieu of ½-3/4 cup indicated on the “Idea Meal Menus”
- Add volume (and nutrients) to meals and snacks with NON-STARCHY veggies
- Take a daily multivitamin/mineral supplement

					Calories	Protein
Breakfast	Bran flake cereal (1 cup)	Slivered Almonds (2 Tbsp.)	½ banana	Non-Fat fruited Greek Yogurt (1 cup)	400	16
Lunch	Deli turkey (lowfat; 7-8 slices, 5 oz.)	Arnold's© 100% whole wheat sandwich thin	Hummus (2 Tbsp.)	Lettuce, tomato, cucumber, pepper strips Berries 1 cup)	425	20
Dinner	Chicken breast (6 oz) Olive oil (1Tbsp.)	Peppers, onions Spinach salad Low fat vinaigrette (2 Tbsp.)	Whole wheat couscous (1 cup cooked)	Pineapple (1 cup)	615	48
Snack #1 & Snack #2	LF cottage cheese (1/2 cup) with Salsa, carrot sticks	1 apple (medium) & Nut/seed butter (2 Tbsp.)			350	20
No Calorie Beverages	Coffee, regular (1 cup)	Crystal Light© (16 oz)	Water (2+ cups)	Sparkling water and/or herbal ice tea (2+ cups)		
				<i>Total Daily Calories</i>	<i>1,790</i>	
				<i>Total Daily Protein</i>		<i>104 g</i>