



Top Tips to Remember

- 1** Make salad the main dish at least once a day.
- 2** Slow down and eat mindfully.
- 3** Eat only when truly hungry; stop when 80% full.
- 4** Choose water! Don't drink your calories.
- 5** Increase nutrient density at each meal by eating unprocessed.

*Starchy vegetable examples: corn, root vegetables, winter squashes

Nutrition Plan 4 Sample Meals

DAY 1	DAY 2	DAY 3	DAY 4
Green Smoothie, 1 Slice Whole Grain Toast & Nut Butter	Oatmeal, 2 Fruits	Scrambled Eggs, 1 Slice Multigrain Toast, 2 Fruits	Sweet Breakfast Rice, 1 Fruit
Mixed Greens Salad with Chopped Vegetables, & 3 Hard-Boiled Egg Whites, 2 Fruits	Mexicali Corn Salad with Mixed Greens, Salsa, 2 Fruits	Black Bean Mango Salad with Mixed Greens & Grilled Chicken, 1 Fruit	Tabbouleh with Chickpeas, Hummus with Romaine Leaves, 2 Fruits
Quick 3 Bean Chili, 2+ cups Vegetables	Main Dish Haystack	Spiced Vegetables and Whole Wheat Couscous, Strawberries	Vegetable Stir Fry with Grilled Chicken

Remember, these are just ideas! Mix and match or create your own to meet your preferences or schedule! Adjust portions to your body size, sex, activity level, & desired health outcomes. Some recipes will make leftovers; this is done intentionally to use for future meals.



Green Smoothie

GOOD SOURCE OF:



Non-starchy Vegetables



Fruit



Seeds



In a hurry? This smoothie is ready in minutes to run out the door with you!

Sweet Breakfast Rice

GOOD SOURCE OF:



Whole Grains



Fruit



Seeds



Morning rush? Prepare sweet breakfast rice the night before and reheat in the morning!

Scrambled Eggs

GOOD SOURCE OF:



Non-starchy Vegetables



Workout in the morning? Here's a filling meal to keep you going!

Oatmeal

GOOD SOURCE OF:



Whole Grains



Fruit



Nuts & Seeds



Morning rush? Prepare oatmeal the night before and reheat in the morning! Make enough for the week and store in single serving containers. Choose various fruits, nuts, or seeds to add variety.

Sweet Breakfast Rice

Serves 2

Ingredients

1 c Brown Rice, cooked
3 Dates
½ c Water
¾ whole Banana
2 Tbsp Flax Seed, ground

Preparation

Heat the rice in the microwave until warm. Stir and set aside. Place the dates and water in a blender and process briefly. Add the banana and process until smooth. Pour over the warmed rice and serve.

Green Smoothie

Serves 2

Ingredients

3 c Greens
2 c Fruit (fresh or frozen)
1–2 c Liquid (water, skim milk)
1–2 Tbsp Flax seed (ground), Chia seed, or Nut butter

Preparation

Add ingredients and enough liquid to the blender to create a smoothie. Try a 50/50 blend of frozen fruit to frozen or fresh spinach. Using greens in your fruit smoothie cuts back on the calories and increases the nutrient ratio.

Oatmeal

Serves 1

Ingredients

¼ c Steel Cut Oats
1 oz Raw Nuts (walnuts, almonds, pecans, pistachios, Brazil nuts)
2 Tbsp Raisins (or other unsweetened dried fruit)
2 Tbsp Flax Seed, ground
Skim Milk, as needed

Preparation

Prepare oats as directed on the package, adding your preferred toppings from above.

Scrambled Eggs

Serves 2

Ingredients

2 Eggs	3 dashes Turmeric
1 Garlic clove, minced	½ c Onions, chopped
2 tsp Chicken seasoning	½ c Mushrooms, sliced
½ tsp Onion powder	¼ c Red Bell Pepper, chopped

Preparation

Beat eggs with a whisk. Add spices and mix well. In a large skillet, sauté fresh veggies and garlic clove in a small amount of water until soft. Add egg mixture. Cook over medium heat and scramble until cooked through. For a “spicier” taste, add ½ tsp curry powder and top with salsa.

Black Bean Mango Salad

GOOD SOURCE OF:



Non-starchy Vegetables



Fruit



Beans



In a hurry? This salad is ready in minutes! Just chop, mix & serve!

Mexicali Corn Salad

GOOD SOURCE OF:



Non-starchy Vegetables



Starchy Vegetables



In a hurry? Use pre-cut vegetables, then just mix & serve!

Hummus

GOOD SOURCE OF:



Beans



Pressed for time? A quick spin in the blender and this dip or spread is ready!

Tabbouleh with Chickpeas

GOOD SOURCE OF:



Non-starchy Vegetables



Beans



Mix it up! Trade out the bulgur in this recipe for quinoa, amaranth, or millet. **Need more options?** Change up the beans! Try lentils, or edamame.

Mexicali Corn Salad

Serves 6

Ingredients

2 c Corn	2 Tbsp Lemon Juice
½ c Red Pepper, chopped	2 Tbsp Rice Vinegar
½ c Yellow Pepper, chopped	1 Tbsp Soy Sauce
⅓ c Green Onion, chopped	½ tsp Cumin
¼ c Cilantro, roughly chopped	Cayenne pepper, to taste
4-5 Green Olives, sliced	

Preparation

In a small bowl, combine all ingredients. Toss and serve.

Black Bean Mango Salad

Serves 6

Ingredients

Pinch of Chili Powder	2 Green Onions, diced
1 Garlic clove, chopped	¾ c Corn
3 Tbsp fresh Lime juice	15 oz can Black beans, drained & rinsed
Pinch dried Oregano	1 Mango, diced
½ c Red Bell Pepper, diced	12 oz Chicken breast, grilled

Preparation

Mix all ingredients and chill. Serve on a bed of chopped dark green lettuce OR use as filling for a wrap.

Tabbouleh with Chickpeas

Serves 4

Ingredients

½ c Bulgur	1½ c Parsley
1 bunch Green Onion, chopped	1 large Tomato, diced
2 Tbsp Mint, chopped	15 oz can Chickpeas
3 Tbsp Cumin	1 Romaine Lettuce Heart
Lemon juice	Pepper to taste

Preparation

Put the bulgur in a small bowl, cover with cold water and let stand for 10 minutes, then drain. Place the bulgur in a clean kitchen towel or a double thickness of cheesecloth and squeeze dry. Transfer to a bowl, use a fork to separate into individual grains. Stir in parsley, green onions, tomato, mint, chickpeas, lemon juice and cumin. Season with pepper. Taste and add more lemon juice, if needed. Cover and refrigerate for at least 2 hours. Bring to room temperature before serving. Served with romaine hearts for scooping.

Hummus

Serves 6

Ingredients

15 oz can Garbanzo beans
1 Tbsp Tahini
¼ c Lemon juice
1 Garlic clove, chopped
1 dash Soy Sauce
2 Tbsp Parsley, chopped

Preparation

Drain and rinse garbanzo beans. Place in a food processor or VitaMix, along with remaining ingredients. Process until smooth, adding water as necessary for ease in processing. Spread on a platter, sprinkle with parsley (fresh is best).

Main Dish Haystack

GOOD SOURCE OF:



Non-starchy Vegetables



Whole Grains



Beans



In a hurry? Speed things up by using any vegetables or beans already prepped.

Quick 3 Bean Chili

GOOD SOURCE OF:



Beans



Save money! Use dry beans and cook them yourself.

Vegetable Stir Fry

GOOD SOURCE OF:



Non-starchy Vegetables



Legumes



Pressed for time? Speed things up by using frozen stir fry vegetables. (Just make sure there aren't any added sauces or seasonings.)

Spiced Vegetables & Whole Wheat Couscous

GOOD SOURCE OF:



Non-starchy Vegetables



Whole Grains



Beans



Mix it up! Add variety by trying different grains or beans such as quinoa & kidney beans, or millet & great northern beans.

Quick 3 Bean Chili

Serves 4

Ingredients

1 can Vegetarian Chili	2 Tbsp Dry Minced Onions
1 can Red Kidney beans, drained & rinsed	1 tsp Beef Seasoning
1 can Black beans, drained & rinsed	1 tsp Cumin
1 can Diced Tomatoes (no salt)	
8 oz Lean Ground Beef, browned	

Preparation

Drain some of the sauce from the chili and pour into a saucepan. Add in kidney beans, black beans and tomatoes. Stir in browned burger and seasonings. Cover and simmer 5 to 10 minutes, adding water or broth as needed for desired consistency. Serve hot.

Main Dish Haystack

Serves 1

Ingredients

Baked Corn Tortilla	Seasoned Brown Rice
Pinto Beans	Low-fat cheese, grated
Shredded Romaine lettuce	Tomatoes, diced
Onions, chopped	Sliced Olives
Salsa	Guacamole
Light Sour Cream	Fat free Ranch-style dressing

Preparation

Stack the above ingredients in the order given. For example, place tortilla and/or rice on the plate first. For an even healthier Haystack, use chopped romaine as the bottom layer. Spoon beans on the top next. Sprinkle cheese over beans. Add the rest of the ingredients to the top. Enjoy.

Spiced Vegetables & Whole Wheat Couscous

Serves 4

Ingredients

1 small Cabbage, wedged	2 medium Potatoes, diced	1½ c Water
4 large Carrots, sliced	1 15 oz can Chickpeas	1 c Whole Wheat Couscous
2 medium Zucchini, diced	5 c Vegetable Broth	¼ tsp Cumin
2 medium Onions, chopped	½ tsp Garlic powder	⅛ tsp Cinnamon

Preparation

Place cabbage wedges in a large soup pot. Add carrots, zucchini, onions, potatoes and chickpeas on top. Pour broth on top, and add garlic powder, salt and pepper to taste. Bring to a boil. Reduce heat, cover, and simmer for 30 minutes or until vegetables are tender. When vegetables are almost ready, cook couscous with cinnamon and cumin as directed on couscous package. Place a mound of couscous in the center of each soup bowl. Carefully remove the core of the cabbage wedges while arranging the vegetables and chickpeas around couscous. Add some broth. Sprinkle with fresh ground black pepper if desired.

Vegetable Stir Fry

Serves 1

Ingredients

1 c Broccoli	Water	Cornstarch (just enough to thicken)
½ c Snow Peas	1 c Cauliflower	½ c Brown Rice, cooked
1 cube Vegetable Bouillon	1 large Carrot	3 oz Chicken, grilled
Dash Pepper or Onion Powder	2-3 cloves Garlic	

Preparation

Wash and cut all vegetables into bite sized pieces. In a wok or pot, sauté garlic in water. Add 6 tablespoons of water to softened garlic along with the bouillon. Once the bouillon is dissolved start adding the veggies in the order of time needed to cook each (i.e. cauliflower, carrots, broccoli, snow peas). Stir constantly. If at any time your veggies still need to be cooked (remember, you're cooking to your preferences), you can add a few tablespoons of water to the pot. If you have leftover water, you can either discard it, or thicken the water with cornstarch. When everything is cooked, sprinkle with pepper or onion powder and give it one last stir. Serve with brown rice and grilled chicken. Note: You may add any type of vegetable combination you like.

Nutrition Plan 4 Shopping List

Vegetables

1 c Broccoli	2 Red Bell Peppers
1 Cabbage, small	2 Romaine Hearts
5 Carrots, large	½ c Snow Peas
1 c Cauliflower	2 Tomatoes, large
¼ c Cilantro	4 c Vegetables, frozen mix
2¾ c Corn, fresh or frozen	1 Yellow Pepper
6 Garlic cloves	2 Zucchini
2 bunches Green Onions	
6 c Greens (spinach/kale/mixed)	
2 Tbsp Mint	
½ c Mushrooms	
3 Onions	
1¾ c Parsley	
2 Potatoes	

Fruits

1 Banana
3 Dates
2 c Fruit, frozen
12 Fruits (choose a variety to have with meals)
Lemon Juice
Lime Juice
1 Mango
Strawberries (fresh or frozen)

Pantry/Dry Goods

1 tsp Beef seasoning	Oregano, dried	1 15 oz can Red Kidney beans
Black Pepper	2 Tbsp Dry Onions, minced	1 can Vegetarian Chili
Cayenne	Raisins	1 can Diced Tomatoes
2 tsp Chicken seasoning	Rice Vinegar	(no salt)
Chili powder	Soy Sauce	1 Vegetable Bouillon cube
Cinnamon	Steel Cut Oats	5 c Vegetable Broth
Cornstarch	Turmeric	
Cumin	2½ c Brown Rice, cooked	
Flax/chia seed	½ c Bulgur	
Garlic powder	Multigrain bread	
Green Olives	1 c Whole Wheat Couscous	
Nuts, unsalted	2 15 oz cans Black beans	
Nut butter (no trans fat)	3 15 oz cans Chickpeas	
Onion powder	1 15 oz can Pinto beans	

Miscellaneous

Baked Corn Tortilla
15 oz Chicken breast
5 Eggs
Fat-free Ranch style dressing
8 oz Lean Ground Beef
Low-fat Cheese, grated
Light Sour Cream
Salsa
Skim Milk
Tahini

This shopping list is for the 4 days of sample meals. You can double a few recipes and add extra fruit to your list to make this last a full week.