

Breakfast

Breakfast sandwich on whole wheat english muffin- avocado, tomato, onion, lettuce, egg, turkey, little cheese

Whole Wheat Pancakes, Waffles or Crepes- can add in cottage or ricotta cheese for protein boost. Flax or Chia seeds add fiber and nutrition.

Whole Wheat Muffins or Muffins loaded with fruit, fiber, even veggies like carrot & zucchini

Oatmeal topped with dried fruit, flax, cinnamon and raw, unsalted nuts

Breakfast Burrito- Whole wheat La favorita tortilla, eggs, little potatoes, beans, ham, turkey or meat, salsa, veggies, little cheese

****Peanut Butter & Preserves sandwich on english muffin or whole wheat bread (choose 100% peanut butter with few additives. steer away from palm oil, hydrogenated oils and sweeteners) Jelly/Jam/Preserves (choose one that is mostly fruit with minimal added sweetener)**

****Greek Yogurt (Plain if possible- you can add a little honey or chose type with little added sugar, like Siggis)) add fruit, like berries, nuts, chia, flax, granola, dark chocolate, cinnamon etc.**

Protein Shake or Smoothie (hide veggies or chia and flax seed in for nutrition and fiber) - chocolate-banana-peanut butter / blueberry-vanilla greek yogurt /

Lunch

**** (Toasted) Sandwich**- Lean Meat or Tuna - add avocado, mustard/dijon, banana peppers/jalapenos, load up on lettuce, spinach, tomato, onion etc. easy on high-calorie condiments. A little olive oil and red wine vinegar is great!

****Salads**- add chicken, boiled egg, nuts, onions, cucumbers, dried fruit, fresh fruit (apples, strawberries)- See Dressings for ideas there make sweet, savory and vary dressings, cheeses, nuts, fruits, etc. for flavor & variety

****Quesadilla**- Add meat or go vegetarian w/ mushroom, squash, spinach, corn, beans- add sour cream (plain Greek Yogurt) , avocado, salsa, etc.

****Veggie or Turkey Wrap**- lots of veggies; little cream cheese, hummus or other sauce/dressing

La favorita is a pretty wholesome whole-wheat tortilla for wraps and other dishes

Also consider using lettuce or other leafy greens at wraps- game changer for reducing carbs

Tuna Sandwich or w/ crackers (crackers often save calories, depending on amount eaten) - make tuna with mayo or substitute/use half and half with greek yogurt & add chopped veggies like carrots, celery, pickles jalapenos, etc.

Cheese/cottage cheese and fruit plate

No-Wine and cheese plate - cheese, dark chocolate, veggies, nuts, olives, dried/fresh fruit

Broccoli and/or cauliflower mac and cheese (cauliflower puree into mac and cheese)- add peas, carrots, broccoli, etc.

Veggie Burgers/turkey burger/portabella burger- add lettuce, tomato, onion, etc.

BLT Avocado sammy or wrap - can use bacon substitute like tempeh, seitan or tofu

Dinner

****Salmon or other Fish with Choice of Mixed Veggies**

Shrimp fajitas, shrimp skewers, shrimp cocktail

Lean ground beef or turkey for- chili, burgers, tacos, **meatballs**, meat sauce, etc. (mix onions, peppers, tomatoes, zucchini, carrots, mushrooms, etc. - Use lettuce wraps as well.

Asian vegetable Stir Fry- with choice of meat and small side of rice or quinoa

Healthy Spaghetti (modest portion of whole-grain pasta or zucchini noodles) add veggies like spinach, mushrooms, onion, basil, olives, bell peppers, etc.

Roasted Whole Chicken or quick and easy pre-cooked Rotisserie chicken from store- eat as main entree or make tacos, burritos, stir-frys, asian dishes, casseroles, etc.

Seasoned and Slow Roasted Steak Roast- with salad and veggie

Stuffed Portabella Mushrooms- Ready to Bake or Grill

****Tofu Sofrita burrito bowl mix - or ground meat for tacos, etc.** (chicken, turkey or beef- load with veggies like onions, bell pepper, mushrooms, corn, beans, zucchini, etc.

**** Pork Chop** - lots of different flavors here, sweet or salty - I like lime, soy sauce and crushed red pepper or some kind of sweet glaze

Quick and Easy Meals

Healthy Nachos with plenty of veggies (tomatoes, avocado, lettuce, onions, corn, beans, etc.)

Consider subbing some bell pepper slices for the chips

Microwave scrambled eggs - add plenty of veggies- avocado, mushrooms, onions, little cheese, etc. Eat with whole grain toast or whole wheat tortilla

Lean Beef, Turkey or Buffalo Chili - loaded with veggies- Kidney beans, corn, peppers, onions, carrots, celery, etc. Look up Slow Cooker recipe

Enchiladas/Enchilada Casserole- can of beans, enchilada sauce, cheese, veggies (spinach enchiladas, onion, top with tomato, lettuce, avocado, etc.)

Kale-leaf enchiladas/quesadillas (I use the purple kale instead of tortillas)

Pork Chop in oven or on stove top- cooks up super quick. Can season with sweet glaze or savory spices

Shrimp- Cooks up super quick from raw or can purchase pre-cooked. Very versatile- tacos, salad, stir fry, etc.

Salmon and Fish cook up quickly on the grill, on a pan or in the oven. Ahi Tuna steaks are super quick.

Rotisserie chicken is a quick, cost-effective, versatile option

Caesar Salad or any salad- consider adding protein (chicken, eggs, etc.), nuts, fruit (apples, grapes, dried fruit) and lower calorie dressings/vinegrettes/yogurt-based dressings: I love balsamic or apple cider with a little honey; olive oil + vinegar or lemon/lime juice and salt and pepper; or yogurt-based or avocado-based dressings.

Soups (especially in pressure or slow cooker) watch sodium content of canned soup

Veggie wrap

Egg Salad, Tuna Salad or Chicken Salad (add celery, onions, grapes, walnuts, cinnamon and plain yogurt and a little honey to chicken salad)- use olive oil mayo or use half greek yogurt-half mayo for all salads

Pasta salads are okay, but load with veggies, olives, etc. and serve modest amounts of pata

Crab Cakes or Salmon Cakes

Turn a sandwich into a hot meal by broiling or baking in the oven or pressing on a panini press, waffle maker or foreman grill

Roast Meats- Roast at 325 degrees for appropriate time. Use good thermometer to cook to perfection. Super easy. Lasts multiple meals.

Ground Chicken Meatballs are super easy- add onions, spices and other veggies

Easy Snacks and Snack Foods

Whole Fruit - endless options- think outside the box a bit - pair with vegetable, cheese, cottage cheese, nuts, etc.

Cheese, deli meat (occasional) with crackers

Cottage cheese (pros and cons between low and full-fat versions- I generally recommend 2% - lower fat may not keep you full as long and taste may not be desirable. Full fat has more calories/saturated fat.

Vegetables and Hummus - indulge in a few chips or crackers, but fill up on veggies

Same strategy with chips and salsa/chips and guac - find a healthy bean-based chip like beanditos

Sardines, canned salmon, tuna, smoked salmon, etc.

Cheese, crackers, fruit, dark chocolate, meat, vegetable, antipasti (olive or pickled veggies)- veggie platter- cucumber, bell pepper, carrots, celery, etc. - serve with yogurt-herb ranch dip, hummus and/or avocado

Edamame (Topped with olive oil, salt and pepper)

Snap Peas- great snack

Crunchy/salty

Snap Pea Chips

dried edamame

dried chickpeas/garbanzo beans

Seaweed Snacks

Greek Yogurt (Plain- (pros and cons between low and full-fat versions- experiment/monitor satisfaction and weight changes) some flavored yogurt contains a lot of sugar) with little honey, fruit, nuts, chia, flax, granola, cinnamon etc.

Popcorn - add olive oil, salt and pepper, garlic, cayenne and other spices OR go a little sweet (basilamic glaze and or little molasses); cinnamon or cocoa also go well

Jello- add fruit if making yourself- can chose reduced sugar or artificially sweetened "no sugar" if not eaten too frequently or in excess

Amies whole-wheat chocolate or graham animal cracks with Siggis yogurt and berries

Easy Vegetables and more

Any Frozen or canned Vegetable (rinse canned vegetabeles to reduce sodium) - steam with minimal water (to preserve nutrients) in microwave or on stovetop

Canned Beans-rinsed to reduce sodium

Sweet potatoes in the oven - look up baking instructions online ~375 for ~30minutes until internal temp about 210 degrees?

Green Beans, corn on the cob, squash, mushrooms, spinach

Wheat Berry-Rice Pudding- Cinnamon, raisins or dried berries, 1/2 condensed milk/1/2 milk or milk substitute,

Veggies- so many to chose from- heat frozen in microwave quickly, grill, steam

Asparagus

Corn on the Cob

Chips and strawberry, black bean or traditional red salsa

Green chili soup

Roasted Brussle Sprouts

Roasted Beets with goat cheese or Roasted Cauliflower- think The Post.

Garlic Mashed Potatoes with cauliflower (optional) and country gravy

Saffron-infused Rice or Quinua

Cauliflower "rice"

watermellon/mellon balls

Antipasti- marinated mushrooms, roasted garlic and peppers with olive oil & spices

Snacks

Crackers with cheese fruit (apples,pears) and veggies

Antipasti- peppers, garlic, olives, mushrooms, veggies- marinated in olive oil, vinegar and spices

Cottage cheese and fruit

Chips and Salsa or Chips and Guac- try baked chips/baked whole wheat tortillas, beanditos, whole-grain crackers to dip; add a few crunchy vegetables like radishes to fill up

Popcorn- air popped - spray little olive oil add seasonings like garlic, onion powder and cayenne w little salt. Or spray w coconut oil and add cocoa powder or cinnamon

Bean Dip/Hummus w veggies and healthy crackers/chips

Soup or Salad

Edamame

Asparagus wrapped with meat and/or cheese

Salmon Jerky

Smoothies prepared for morning

Crab Dip

spinach and artichoke yogurt dip with ricotta and parmesan

Salads

Berry, grape and/or apple salad with almonds, purple onion, berry vinaigrette

Mexican/southwest Salad- black beans, corn, etc.

Chef Salad

Greek salad with feta and pepperoncinis

Caesar salad

Dressings

Lemon juice + salt and pepper

Balsamic vinegar + little honey

Apple cider vinegar + little honey

Dijon mustard + honey

Squeezed citrus fruit (orange, grapefruit) + honey + dried fruit + nuts

1000 island is usually a good choice

Condiments *Get to know your herbs, spices, vinegars and seasonings

Mayo w/ olive oil- use sparingly

Lemon, lime or citrus juice

Cocoa Powder

Coconut Flakes

Salsa- Less salt and preservatives the better- try homemade

Tomato-based sauces

Low-sodium soy sauce

Other sauces - watch sodium- try homemade

Peppers- different heat and flavors- fresh, dried etc.

Oils- Chose plant-based oils; Cook with stable oils suitable for high heat like canola or coconut oil. Olive oil and less stable oils should be used cold as dressings or sauces.

Other vinegars

Olive Oil

Coconut Oil

Other Oils for flavors - Sesame, Peanut, etc.

Spices-Spices are your best friend. Get to know them, experiment with them. They make healthful food taste amazing without tons of fat, sugar and salt.

Fresh, Dried or Powdered

Basil

Oregano

Cumin

Cardamom

Ginger

Garlic

Onion

Parsley

Paprika

Pepper

Tumeric

Cayenne Pepper

Indian Marsalas

Thyme

Rosemary

Mint

Dill

Cilantro

Coriander

Fennel seed

Cinnamon

F/V and dried fruit for flavoring

Snacks/Dessert

Dark Chocolate- modest frequency and portions

Frozen Yogurt

Pudding- reduced sugar or Reg./ Tofu-based chocolate pudding Jello with fruit in it

Garbonzo Cookie Dough Balls

Almond Butter or blackbean Brownies

Yogurt with Honey and Flax

Drinks

Cucumber, fruit or lemon/lime water

Healthy Latte, shake or float - ask for half sweetener or half mix

healthy smoothie

protein shake

Healthy Tea- Hot or Iced

Virgin Mojito- mint, lime,water (splash of something sweet)

Tomato Juice- consider sodium

Chi Tea- Latte - ask for half mix

Watermelon or strawberry infused water

Hot Cocoa/Choc milk

Soups- Broth and vegetable-based soups are usually the most nutritious

Canned or packaged soups can be high in sodium

Cream or cheese-based soups contain significant fat, calories and sat. fat.

Tomato (spicy smoked guda and tomato soup with purple cabbage for crunch)

Onion

Psole, Gazpacho and mexican soups

Bean Soups

Jambalaya

Pho, Miso and other Asian Soups

Ministrone

Broccoli cheese -modest cheese/wary of saturated fat

Cowboy chilli

Meal Ideas

Sides

Quinoa with veggies, fruit, nuts etc. Hot or cold. Savory, salty or sweet. Eg. Coconut curry; tika masala; asian veggies and soy sauce

Wheat Berry-Rice Pudding- Cinnamon, raisins or dried berries, 1/2 condensed milk/1/2 milk or milk substitute,

Veggies- so many to chose from- heat frozen in microwave quickly, grill, steam

Asparagus

Corn on the Cob

Chips and strawberry, black bean or traditional red salsa

Green chili soup

Roasted Brussle Sprouts

Roasted Beets with goat cheese or greek yogurt

Roasted Cauliflower and/or broccoli

Garlic Mashed Potatoes with cauliflower (optional) and country gravy

Saffron-infused Rice or Quinua

Cauliflower "rice"

watermellon/mellon balls

Antipasti- marinated mushrooms, roasted garlic and peppers with olive oil & spices

HANDY, TIME-SAVING TOOLS IN THE KITCHEN

Knife and Cutting board

Good pots and pans

Storage- tupperware, plastic baggies, plastic wrap, foil, plastic gloves (for easily handling meats and piecing up rotisserie chicken)

Slow Cooker

Power Cooker or Rice cooker

Microwaving frozen veggies in a flash

Oven-roasting meat that lasts over many meals

utilizing the freezer / keeping an organized, rotated fridge so things get eaten and not wasted.