

FAST & SIMPLE MEALS



How Do I Balance My Diet?

A simple way to balance your meal plan is include a lean protein, whole grain, and a vegetable/fruit at each of your 3 main meals. For example, fill $\frac{1}{2}$ of your plate with vegetables and/or fruits, $\frac{1}{4}$ of your plate with a low-fat protein such as legumes, lentils, yogurt, chicken, fish, or lean meat, and the remaining $\frac{1}{4}$ of your plate with a whole grain such as brown rice, whole wheat bread, pasta, or tortilla. To ensure adequate calcium, include 2-3 servings of calcium-rich foods or beverages each day. All of the following meal ideas are planned in this manner.

Include a couple of small protein & fiber snacks each day to curb hunger, prevent overeating at meals, and add to your overall daily nutrition.

Breakfast Ideas

Oatmeal with slivered almonds
Raisins or dried cranberries
Low-fat milk

Low-fat cheese & refried black beans on
Whole wheat tortilla
Cantaloupe half

Hot rice porridge w/ lean sliced pork,
roasted peanuts and green onions
Calcium-fortified orange juice

Low fat Greek yogurt with
Granola
Fresh Strawberries

Whole wheat bagel w/Almond butter
Calcium-fortified soymilk
Orange slices

Low-fat Greek yogurt fruit smoothie
English muffin with marmalade

Low-fat mozzarella cheese sticks
Whole-grain crackers
Mixed dried fruits

Peanut butter sandwich on
Whole wheat bread w/
Sliced bananas

Dinner leftovers such as
Chicken and veggie stir-fry over
Steamed brown rice

Whole grain waffle
Low-fat turkey sausage
Unsweetened applesauce

Silken tofu with
Strawberries and blueberries
Whole wheat toast

Raisin Bran cereal
Low-fat milk
Fresh sliced berries

Lunch or Dinner Ideas

Whole wheat pita stuffed w/ Hummus
Lettuce & tomatoes
Wedge of watermelon

Caesar chicken salad made with
Romaine lettuce and leftover
Baked chicken
Whole grain roll

Lentil soup
Whole grain bread
Fresh fruit salad

Low-fat tuna & cheese melt
Spinach salad w/
Mandarin orange sections

Black bean soup
Avocado, lettuce, & tomato sandwich
Low-fat frozen yogurt topped with
Fresh kiwi

Turkey sandwich on
Whole wheat bread w/
Lettuce & tomatoes
Fresh grapes

Burrito made with
Brown rice & whole black beans
Fresh tomatoes & shredded lettuce
Salsa

Stir-fry vegetables with tofu
Instant brown rice
Calcium-fortified soy milk

Baked salmon
Frozen spinach steamed
Roasted red potatoes with
Olive oil & dill

Spaghetti in tomato sauce with
Beans, lentils, tofu, or lean meat
Mixed green salad

Western Omelet with
Chopped green & red peppers
Whole wheat toast
Calcium-fortified orange juice

Noodle soup (not instant) with
Thinly sliced lean beef or chicken
Baby bok choy
Fresh sliced honeydew melon

Broiled chicken with Teriyaki sauce
Cooked couscous
Steamed frozen mixed vegetables

Baked potato stuffed w/
Low-fat cheese & vegetarian chili
Steamed broccoli

How to save \$\$ and improve diet?

Before You Shop...

- Make a shopping list based on your week's menus
- Check out ads for sale items
- Bring coupons
- Eat! Don't shop when you're starving.

At the Supermarket...

- Stick to the items on your shopping list
- Avoid going into unnecessary aisles
- If unit pricing guidelines are available, compare prices.