

Healthy Meal Ideas

Each “●” represents a separate meal option

Breakfast:

- 1/2 cup Kashi cereal, 1/4 cup unsweetened vanilla almond milk
- 1/2 cup cottage cheese, 1/3 cup fruit (berries)
- 1 hard-boiled egg, 1 Arnold whole wheat sandwich thin, 1 TBSP of PB2 (or other variety of powdered peanut butter)
- 3 egg white omelette with mixed vegetables and 1 ounce of shredded cheese
- 1/2 cup oatmeal with 1 TBSP of sliced almonds or walnuts
- One egg, 1 slice of turkey bacon, and 1/2 cup of Greek yogurt
- Protein shake (ie. Premier) blended with 1/2 cup berries and 1-2 cups spinach leaves

Lunch:

- 1/2 cup tuna with dijonaise, 1/4 cup lettuce, slice of tomato, and pickle
- Taco: 2 TBSP of ground turkey, 2 TBSP of low-fat cottage cheese, 2 TBSP of black beans, and salsa (Layer all ingredients and place in a lettuce cup)
- 2 ounces of sliced turkey breast (or other deli meat) on 1 Arnold whole wheat sandwich thin with dijonaise, lettuce, and tomato
- Salad with 2 ounces each of **TWO** of the following choices: imitation crab/lobster, cottage cheese, shredded chicken, fish, or black beans
- Veggie burger (no bun), lettuce, and tomato

Dinner:

- 2 ounces grilled chicken, 1/4 cup quinoa, 1/4 cup green beans
- 1/2 cup roast pork tenderloin, 1/4 cup green beans/broccoli/sautéed spinach
- 3 ounces of grilled salmon, 3 ounces of yellow squash/zucchini
- Grilled chicken and vegetable kabobs: 2 ounces of chicken with peppers, mushrooms, and cherry tomatoes
- 4 ounces of sautéed tilapia, 1/4 cup of green beans/broccoli/sautéed spinach
- 2 ounces of turkey or chicken sausage, 1 ounce of marinara sauce, 1/2 package of Pasta Zero Shirataki Spaghetti

Snacks:

- One piece of string cheese with 8 almonds
- 4 ounces of non-fat Greek yogurt
- 1/2 protein shake
- 1/2 Quest protein bar
- 1/2 sliced banana with 1 TBSP of PB2 (or other brand of powdered peanut butter)
- 1/2 sliced apple
- 4 baby carrots with 2 TBSP of hummus (try the eggplant hummus; less calories)