



Simple Sample Meals

Breakfast Ideas:

<p>1 cup plain NF Greek yogurt</p> <p>1 cup cooked oatmeal</p> <p>2 T flax meal</p> <p>1 T chopped walnuts</p>	<p>3/4 cup egg whites or Egg Beaters</p> <p>2 cups chopped vegetables (mushroom, onion, tomato, spinach, zucchini)</p> <p>1 cup melon</p> <p>1/3 small avocado</p>	<p>3/4 cup low fat cottage cheese</p> <p>1 ½ cups melon</p> <p>1 ½ cups blueberries</p> <p>6 almonds</p>
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Lunch Ideas:

<p>3 oz. sliced deli turkey</p> <p>½ multigrain sandwich thin</p> <p>½ small apple or pear</p> <p>3 t olive oil mayonnaise</p>	<p>3 oz. ground turkey patty</p> <p>1 cup steamed asparagus</p> <p>½ cup cooked sweet potato</p> <p>3 t canola oil used in cooking</p>	<p>1 hardboiled egg</p> <p>2 oz. deli turkey</p> <p>1 cup baby carrots</p> <p>6 cashews</p>
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Snack Ideas:

<p>1 stick string cheese</p> <p>1 oz. beef jerky</p> <p>1 apple or pear</p> <p>1 cup raw veggies</p> <p>1 ½ T almond butter</p>	<p>3 oz. water packed tuna</p> <p>2-3" rice cakes</p> <p>½ cup grapes</p> <p>3 t olive oil mayonnaise</p>	<p>3/4 cup hummus</p> <p>2 cups raw veggies</p> <p>3 T pine nuts</p>
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Dinner Ideas:

<p>4 ½ oz. cooked salmon</p> <p>1 cup cooked sweet potato</p> <p>3 cups cooked broccoli</p> <p>1 ½ t unsalted butter</p>	<p>4 ½ oz. cooked lean flank steak</p> <p>¼ cup black beans</p> <p>2 - 6" corn tortilla</p> <p>½ small avocado</p>	<p>3 oz. grilled chicken breast</p> <p>1/3 cup cooked quinoa</p> <p>2 1/2 cups cooked zucchini</p> <p>3 t olive oil used in cooking</p>	<p>6 oz. firm tofu</p> <p>½ whole wheat pita</p> <p>3 cups roasted vegetables</p> <p>3 t canola oil used in cooking</p>
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Red = Protein

Blue = Carbohydrates

Green = Fats