

meal planning

breakfast

aim for 1-2 carb choices + a source of protein

- 1 slice of whole wheat bread
vegetable egg white omelet OR tofu
1 orange
- $\frac{3}{4}$ cup plain oatmeal
 $\frac{1}{4}$ cup chopped walnuts & almonds
1 cup skim milk
- $\frac{3}{4}$ cup plain low fat yogurt
 $\frac{1}{4}$ cup walnuts & almonds
 $\frac{1}{2}$ cup blueberries
- 2 slices of whole wheat bread
2 tbsp of natural almond/peanut
butter
- 1 whole wheat tortilla (6")
2 tbsp almond butter
1 sliced apple
- $\frac{1}{2}$ -1 cup cottage cheese
1 peach/1 apple/ 1 cup blueberries
- breakfast smoothie with
1 cup plain Greek yogurt
1 cup frozen berries
- $\frac{1}{2}$ cup cooked yam/plantain/maize
1 hard boiled egg

lunch & dinner

aim for 2-3 carb choices + a source of protein + 1-2 cups of vegetables

- $\frac{2}{3}$ cup cooked brown rice/couscous
1 cup cooked beans OR 3oz lean meat
1 cup carrot sticks
2 tbsp hummus
- 1 cup cooked yam
2 cups spinach
3oz baked chicken
1 serving of fruit
- 2 slices of pumpernickel bread
3 oz turkey
2 cups mixed vegetables
 $\frac{3}{4}$ cup plain low fat yogurt
- 1 cup cooked whole wheat pasta
3oz grilled chicken OR 1 cup meat sauce
1 serving of fruit
Green salad
- $\frac{1}{2}$ whole wheat pita
1 cup vegetables
3 oz shredded lean meat
1 serving of fruit
- 1 cup noodles OR 1 baked sweet potato
3oz lean chicken/tofu/salmon
1-2 cup vegetables
1 serving of fruit

the balanced plate (9 inch plate)

Fruit (3 servings/day)

1 apple/orange/peach
 ½ banana
 1 cup blueberries
 1 cup melon
 15 grapes/cherries

Milk & Alternatives (2 servings/day)

1 cup milk
 1 cup plain soy beverage
 ½ cup evaporated milk
 ¾ cup plain yogurt

Fats (3 servings/day)

1 tsp margarine
 1 tsp canola/olive oil
 2 tsp light salad dressing
 1/6 avocado

Vegetables (1/2 of plate)

- choose non starchy vegetables more often
- salads
- raw, boiled, grilled, steamed, roasted, etc

Grains/Starches (1-2 choices/meal)

1/3 cup ripe plantain/yam
 ½ medium potato
 ½ cups cooked pasta/noodles
 1/3 cup cooked rice/couscous
 ¾ cup cooked cereal
 ¼ bagel
 ½ English muffin
 1 slice bread/tortilla/roti (6")
 ½ small pita (6")

Protein (1 serving/meal)

1 oz low fat cheese
 ¼ cup cottage cheese
 1-2 egg whites
 3 oz lean meat (chicken, beef, pork, fish, etc)
 ½ cup lentils/beans
 1 tbsp nut butter
 ½ cup tofu
 1/3 cup hummus

In general:

Women should aim to have 2-3 carbohydrate choices for lunch & dinner
 Men should aim to have 3-4 carbohydrate choices for lunch & dinner

smart snacks

- 1 string cheese & 1 medium apple
- ½ cup of plain greek yogurt & ½ cup blueberries
- 2 whole grain rice cakes & 1 tbsp natural peanut butter
- 1 cup of baby carrots & 2 tbsp of white bean dip
- 1/3 cup hummus & 1 cup raw vegetables (snap peas, carrots, cucumber)
- ¾ cup roasted chickpeas
- 3 cups plain popcorn