Simple Steps to Building a Balanced Plate

- Starch
- Lean Protein
- Non-Starchy Vegetables
- Probiotic
- Healthy Fat
- Fruit
- Water

9 inches
Breakfast Pairing Ideas

Balanced Breakfast Pairing = Fiber + Lean Protein +/- Healthy Fat

Fiber
• Whole Grain
• Fruit
• Vegetables

Lean Protein
• Dairy or Dairy-Alternative
• Eggs
• Legumes
• Nuts

Healthy Fat (Optional)
• Nuts or seeds
• Avocado
Balanced Plate - Breakfast

Fruit: Cherries
Probiotic: Nonfat Plain Greek Yogurt

Lean Protein: Egg White Omelet
Non-Starchy Vegetables: Mushrooms, Tomatoes, Spinach, Onions

Starch: 100% Whole Wheat English Muffin

Healthy Fat: Plain Almond Milk

Water: Coffee

9 inches
Plant-Based Balanced Plate - Breakfast

**Fruit:** Apple

**Probiotic:** Plain Nonfat Greek Yogurt

**Healthy Fat:** Chia Seeds

**Non-Starchy Vegetables:** Green Bell Peppers, Tomatoes, Onions

**Starch:** Potatoes

**Lean Protein:** Tofu

**Water:** Black Coffee

**Healthy Fat:** Chia Seeds

9 inches
Balanced Breakfast Pairing Ideas

**Yogurt Parfait**
- **Lean Protein:** Nonfat Plain Greek Yogurt, Quinoa
- **Fiber:** Strawberries, Kiwi

**Yogurt Parfait**
- **Lean Protein:** Nonfat Plain Greek Yogurt
- **Fiber:** Berries, Banana, Peaches
- **Healthy Fat:** Mixed Nuts

**Protein Smoothie**
- **Lean Protein:** Nonfat Milk, Nonfat Plain Greek Yogurt Or Silken Tofu
- **Fiber:** Spinach, Banana, Mango
Balanced Breakfast Pairing Ideas

Milk & Cereal

- **Fiber**: Shredded Wheat, Orange
- **Lean Protein**: Nonfat Milk

Oatmeal with Blueberries and Almonds

- **Fiber**: Oatmeal, Blueberries
- **Lean Protein**: Nonfat Milk
- **Healthy Fat**: Almonds

Toast with Nut Butter

- **Fiber**: Whole Wheat Bread, Banana
- **Lean Protein**: Peanut Butter
Balanced Breakfast Pairing Ideas

**Avocado Toast**
- **Fiber:** Whole-Wheat Bread
- **Lean Protein:** Egg
- **Healthy Fat:** Avocado

**Vegetable Omelet**
- **Fiber:** 100% whole wheat English muffin, mushrooms, spinach, red bell peppers
- **Lean Protein:** Egg white

**Tofu Scramble**
- **Fiber:** Green Bell Peppers, Tomatoes, Onions, Potato
- **Lean Protein:** Tofu
Balanced Breakfast Pairing Ideas

**Huevos a la Mexicana**
(Mexican Scrambled Eggs)

- **Fiber:** Corn Tortilla, Tomato, Serrano Pepper, Onion
- **Lean Protein:** Pinto Beans, Egg

**Breakfast Burrito**

- **Fiber:** Whole-Wheat Tortilla, Tomato, Red Onion, Serrano Pepper, Red Bell Pepper
- **Lean Protein:** Black Beans, Egg, Low-fat Cheese
- **Healthy Fat:** Avocado

**Egg Breakfast Muffins**

- **Fiber:** Whole-Wheat Bread, Onions, Zucchini, Red Bell Peppers, Arugula
- **Lean Protein:** Eggs, Low-fat Cheese
Make Ahead Breakfast – Overnight Oats

Overnight Oats
Create a fast and delicious breakfast the night before!

Ingredients:
- ½ cup rolled oats
- ½ cup milk or milk alternatives
- 1 teaspoon chia seeds

Direction:
1. Combine the above ingredients.
2. Cover and refrigerate overnight.
3. Top with your favorite fruit and spices before enjoying.

Healthy Fat: Chia Seeds
Fiber: Apple
Lean Protein: Skim Milk

Other Flavor Combination Suggestions:
- Mixed berries with lemon zest
- Banana and Chia Spice
- Pineapple and Toasted Coconut
- Dried Cranberries and Pistachios
Balanced Plate – Lunch or Dinner

**Fruit:** Cantaloupe

**Non-Starchy Vegetables:**
- Cabbage
- Carrot
- Radish Slaw
- Pico De Gallo

**Starch:** Corn Tortilla

**Lean Protein:** Fish

**Healthy Fat:** Avocado

**Probiotic:** Yogurt Tartar Sauce

**Water:** Unsweetened Herbal Iced Tea

9 inches
Balanced Plate – Lunch or Dinner

Lean Protein & Healthy Fat: Salmon

Starch: Brown Rice

Probiotic: Miso sauce

Fruit: Grapes

Non-Starchy Vegetables: Broccoli, Carrots

Water: Water With Orange Slices, Blueberries, Mint

9 inches
Balanced Plate – Lunch or Dinner

Lean Protein: Grilled Chicken

Starch: Spanish Brown Rice

Fruit: Banana

Healthy Fat: Olive Oil

Probiotic: Sauerkraut

Non-Starchy Vegetables: Nopales With Onions And Tomatoes

Water: Water with Lemon and Cucumber
Balanced Plate – Lunch or Dinner

**Lean Protein:** *Chicken Breast*

**Starch:** *Brown Rice*

**Fruit:** *Orange Slices*

**Non-Starchy Vegetables:** *Chinese Cabbage, Snap Peas, Carrots, Peppers*

**Healthy Fat:** *Canola Oil*

**Water:** *Herbal Tea*

**Probiotic:** *Kimchi*
Plant-Based Balanced Plate – Lunch or Dinner

**Fruit:** Watermelon

**Non-Starchy Vegetables:** Bell Peppers, Red Onions, Tomatoes, Jalapenos

**Lean Protein & Probiotic:** Tempeh

**Starch:** Tortilla

**Healthy Fat:** Avocado

**9 inches**

**Water:** Sparkling Water With Lime and Ice
Plant-Based Balanced Plate – Lunch or Dinner

Lean Protein: Tofu

Starch: Brown Rice

Non-Starchy Vegetables: Leafy Greens, Cucumbers, Red Cabbage, Carrots

Fruit: Mango

Healthy Fat: Sesame Seeds, Sesame Oil with vinegar salad dressing

Water and Probiotic: Kombucha Tea

9 inches
Plant-Based Balanced Plate – Lunch or Dinner

Lean Protein: Edamame

Starch: Vermicelli Noodles

Healthy Fat: Mixed Nuts

Fruit: Peach

Probiotic: Nonfat Live-Active Cottage Cheese

Non-Starchy Vegetables: Cabbage, Carrots, Red Onions, Bean Sprouts, Mint

Chili Lime Sauce

Water: Water

9 inches
Plant-Based Balanced Plate – Lunch or Dinner

**Fruit:** Strawberries

**Probiotic & Water:** Kefir

**Starch:** Red Potatoes

**Lean Protein:** White Beans

**Non-Starchy Vegetables:** Carrots, Celery, Yellow Squash, Zucchini, Onions, Kale

**Healthy Fat:** Safflower Oil
More Lunch or Dinner Ideas

**Lettuce Cups**
- **Lean Protein:** Skinless chicken
- **Non-Starchy Vegetables:** Lettuce, Onion, Water Chestnuts, Green Onions
- **Starch:** Rice Noodles
- **Healthy Fat:** Peanuts
- **Flavorings:** Hot Chili Sauce

**Chicken Tikka Masala**
- **Lean Protein:** Skinless chicken
- **Non-Starchy Vegetables:** Cucumber, Red Onion, Tomato
- **Starch:** Whole-Grain Naan
- **Healthy Fat:** Canola Oil
- **Probiotic:** Nonfat Plain Greek Yogurt

**Turkey and Veggie Meatballs on Pasta**
- **Lean Protein:** Ground Turkey, Low-Fat Cheese
- **Non-Starchy Vegetables:** Asparagus, Zucchini, Onion, Tomato
- **Starch:** Whole-Wheat Pasta
- **Healthy Fat:** Olive Oil
More Lunch or Dinner Ideas

**Thin-Crust Veggie Pizza**
- **Lean Protein:** Low-Fat Mozzarella Cheese
- **Non-Starchy Vegetables:** Red Onion, Green Bell Pepper, Mushrooms, Lettuce, Cucumber, Radish
- **Starch:** Whole-Wheat Pizza Dough
- **Healthy Fat:** Black Olives, Olive Oil

**Deli Sandwich**
- **Lean Protein:** Grilled Chicken, Swiss Cheese
- **Non-Starchy Vegetables:** Lettuce, Red Onion, Banana Pepper, Tomato
- **Starch:** Whole-Wheat Bread
- **Fruit:** Apple

**Kebabs**
- **Lean Protein:** Shrimp, Chicken, Feta Cheese
- **Non-Starchy Vegetables:** Zucchini, Mushrooms, Red Onion, White Onion, Red/Green Bell Peppers, Summer Squash, Cherry Tomatoes
- **Starch:** Brown Rice
- **Healthy Fat:** Kalamata Olives
More Lunch or Dinner Ideas

**Bibimbap**
- **Lean Protein:** Tofu
- **Non-Starchy Vegetables:** Mushrooms, Spinach, Bean Sprouts, Carrots, Zucchini
- **Starch:** Wild Rice
- **Healthy Fat:** Olive Oil
- **Probiotic:** Kimchi

**Chinese Family Meal**
- **Lean Protein:** Fish, Tofu
- **Non-Starchy Vegetables:** Gai Lan, Bok Choy, Carrots
- **Starch:** Brown Rice

**Bun**
- **Lean Protein:** Chicken
- **Non-Starchy Vegetables:** Lettuce, Cucumber, Bean Sprouts, Carrots, Mint
- **Starch:** Rice Noodles
- **Healthy Fat:** Peanuts
Balanced Plate - Additional Lunch or Dinner Ideas
Healthy Snack Pairing Ideas

Healthy Snack Pairing = Fiber + Lean Protein OR Healthy Fat

**Fiber**
- Whole Grain
- Fruit
- Vegetables

**Lean Protein**
- Dairy or Dairy-Alternative
- Eggs
- Legumes or seeds

**Healthy Fat (Optional)**
- Nuts or seeds
- Avocado

Nutrition Tip:
- To best manage weight, don’t forget to be mindful of portion sizes!
- Consider portioning snacks ahead of time.
Healthy Snack Pairing Ideas

Fiber: 5 Whole-wheat Crackers  
Lean Protein: 1 Mozzarella String Cheese

Fiber: 15 Grapes  
Lean Protein: 1 Mozzarella String Cheese

Fiber: ½ Cup Oats, ¼ Cup Berries  
Lean Protein: ½ Cup Skim Milk  
Healthy Fat: 1 tsp Chia Seeds

Fiber: 1 Cup Baby Carrots  
Lean Protein: 3 Tbsp Of Hummus

Fiber: ⅓ Of 6 inch Whole Wheat Pita  
Lean Protein: 3 Tbsp Of Hummus

Fiber: 1 Cup Of Air-popped Popcorn  
Lean Protein: 1 Reduced Fat Cheese
Healthy Snack Pairing Ideas

- **Fiber:** 1 Small Orange
  **Lean Protein With Healthy Fat:** 9 Pistachios

- **Fiber:** 1 Small Apple
  **Lean Protein With Healthy Fat:** 1 Tbsp Peanut Butter

- **Fiber:** Carrots, Celery
  **Lean Protein With Healthy Fat:** 1 Tbsp Almond Butter

- **Fiber:** 1 Whole Wheat Bread
  **Lean Protein:** 1 Soft-boiled Egg

- **Fiber:** 3 Crispbread
  **Lean Protein:** 2 Ounces Of Canned Tuna Packed In Water

- **Fiber:** 1 Cup Berries
  **Lean Protein:** 1/2 Cup Of Low-Fat Cottage Cheese
Estimating Serving Sizes
### Protein

1 serving is approx. 150 calories

- Meat 3 oz. cooked: poultry (skinless), fish, shellfish, lean beef (sirloin, flank or round) or pork tenderloin
- Cottage cheese non-fat ¼ c.
- Yogurt, Nonfat, plain, Greek, 8 oz.
- Eggs 2, Egg 6 whites or Egg substitute, ¾ c.
- Beans ½ c. cooked: black, garbanzo, kidney, lima, navy, pinto, soy, white, lentils, etc.
- Quinoa ½ c. cooked
- Seitan (plain) 4 oz.
- Tofu (lite, firm or extra firm) 9 oz.
- Tempeh 2 oz. or 1/3 c. cooked
- Vegan alternatives: 3 oz. veggie burger, soy protein, etc.

### Vegetable

1 serving is ½ cup cooked or 1 cup raw

- Artichoke
- Asparagus
- Bamboo shoots
- Beans (wax, green)
- Beets
- Bell Pepper, all colors
- Broccoli*
- Brussels Sprouts*
- Cabbage*
- Cauliflower*
- Carrot
- Celery
- Cucumber
- Eggplant
- Jicama
- Kohlrabi
- Leeks
- Turnips
- Water chestnuts
- Mung bean sprouts
- Mushrooms
- Okra
- Onions
- Pea Pods
- Peppers, all kinds
- Radishes
- Seaweed, cooked
- Spinach
- Summer Squash (zucchini, yellow)
- Tomatoes

*Adding in new types of fibers can cause excess flatulence until the GI tract adapts. If you have uncomfortable gas, try limiting or avoiding these vegetables. Switch to the other vegetable choices until your body adjusts. Also, cooked vegetables may be better tolerated than raw vegetables.

### Leafy Salad

1 serving = 2 cups leafy greens plus ½ cup raw vegetable

**Leafy Salad:**

- 1 Tbsp of a dressing with natural ingredients is recommended: i.e. lemon juice, lime juice, balsamic vinegar, unseasoned rice vinegar, or other vinegars, mixed with olive oil, mustard, salsa, pico de gallo, etc. If you use a commercial salad dressing, choose one with minimal ingredients.

**Leafy Greens:** arugula, beet greens, bibb, bok choy, Boston leaf, butter head, cabbage, collard greens, kale, loose leaf, romaine, spinach, watercress, etc.

*iceberg not recommended for leafy greens, but okay to count as a vegetable
### Grain/Legume/Starchy Vegetable

1 serving approximately 100 calories

- Barley ½ c. cooked
- Beans ½ c. cooked: black, garbanzo, kidney, lentil, lima, navy, pinto, great white, soy, etc.
- Bread, whole-grain 1 slice
- Cereal (Fiber >5 g. per serving), ½ c.
- Corn ½ c. raw or cooked
- Couscous ½ c. cooked
- Grits ½ c. cooked
- Millet ½ c. cooked
- Oats ½ c. cooked
- Pasta ½ c. cooked
- Split peas, ½ c. cooked
- Peas, ½ c. cooked
- Pita ½ of 6-inch round
- Polenta ½ c. cooked
- Popcorn air popped, 3 c.
- Potato ½ c. cooked (Russet, golden, sweet, ...)
- Quinoa, ½ c. cooked
- Rice ½ c. cooked
- Rice cakes, multi-grain, 2
- Squash winter (acorn, butternut), ½ c. cooked
- Tempeh 4 oz. or ½ c. cooked
- Tortilla corn or whole grain 1, 6-inch round
- Wild rice ½ c. cooked
- Yam ½ c. cooked

### Fruit: One serving approximately 60 calories

- Apple 1 small (tennis ball)
- Apricots 3
- Banana 1 small (4-6 in)
- Berries 1 c.
- Grapefruit ½
- Grapes 15
- Melon 1 c., (watermelon, cantaloupe, etc.)
- Orange 1 medium
- Nectarine 1 medium
- Peach 1 medium
- Pear 1 medium
- Pineapple 1 c.
- Plums

Fruits not on this list use portion equaling approximately 60 calories

### Milk/Plant-Milk/ Yogurt

1 Serving = approx. 100 calories

This food group is optional: If you choose to eliminate milk/soymilk or yogurt, consume: 1 additional serving of

- Bean/Grains/Starchy Veg. instead.
- Milk, non-fat 1 c.
- Plant-Milk, 1 c. (hemp, oat, or soy milk)
- Yogurt/Plant-Based, 6oz. (oat milk, nut milk, flax milk) (less than 10 g. sugar per serving.)

### Fat

1 Serving = approx. 45 calories and 5 g fat

- Avocado, ⅛ whole
- 1/4 oz. Nuts (6 almonds, 2 Brazil nuts, 8 cashews, hazelnuts, macadamia nuts, 8 peanuts, 6 pecans, 1 tbsp pine nuts, 9 pistachios, 4 walnut halves)
- Oil, 1 tsp., (avocado oil, olive oil)
- Olives, 8 to 10 small
- 1 Tbsp. Seeds (chia seeds, flax seeds, pumpkin seeds, sesame seeds, sunflower seeds)
Portion Size Matters

1 cup pasta 220 cals
2 cups pasta 440 cals
Estimating Portion Sizes

- 1 oz: 80 cal
- ½ cup: 1 oz
- 3 oz: ½ cup
Estimating Portion Sizes

3 oz chicken breast = 1 deck of cards

1 medium apple = 1 baseball

1 tbsp = 1 walnut

½ cup of rice = ½ tennis ball
Measuring Equipment

For Dry Ingredients
- Measuring Spoons
- Measuring Cups

For Wet Ingredients
- Food Scale
- Liquid Measuring Cups

Nutrition Tip:
- Using the food scale provides the most accurate measurement.
One way to estimate portion sizes of foods is by using your hands. Since you always have your hands with you, it's a very convenient measuring tool even if you're out at fancy restaurants. However, everyone's hands are different, so practice measuring out portions first and compare them to your hands to get an idea of what they should look like. Use these guidelines when trying to estimate a portion size.