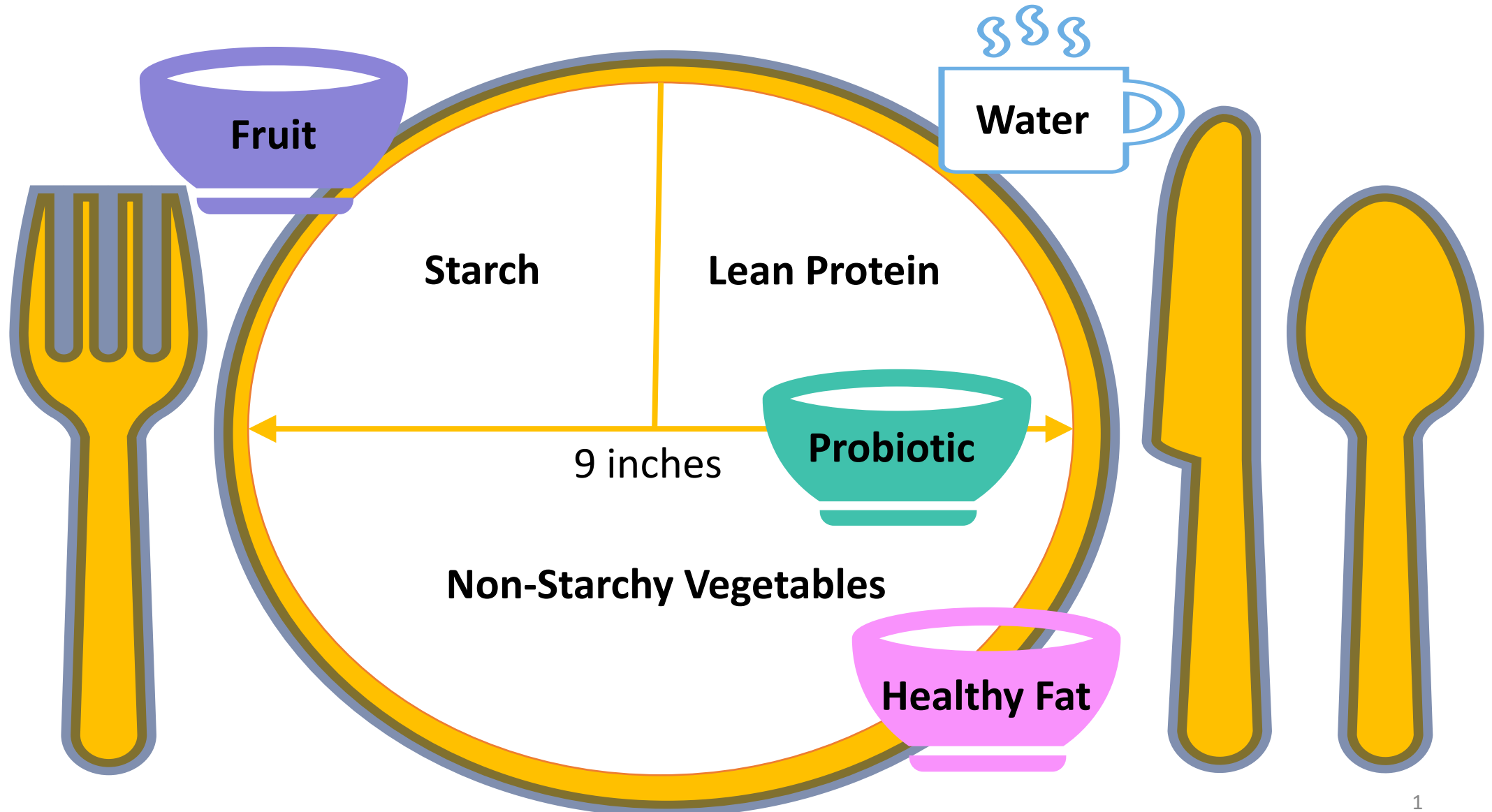


Simple Steps to Building a Balanced Plate



Balanced Breakfast Pairing Ideas

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

Fiber-Containing Carbohydrates

- Whole Grain



- Fruit



- Vegetables



Lean Protein

- Dairy or Dairy-Alternatives



- Eggs



- Legumes



- Nuts



Healthy Fat (Optional)

- Nuts or seeds



- Avocado



Nutrition Note:

To best manage weight, let's be mindful of healthy fat's portion sizes!



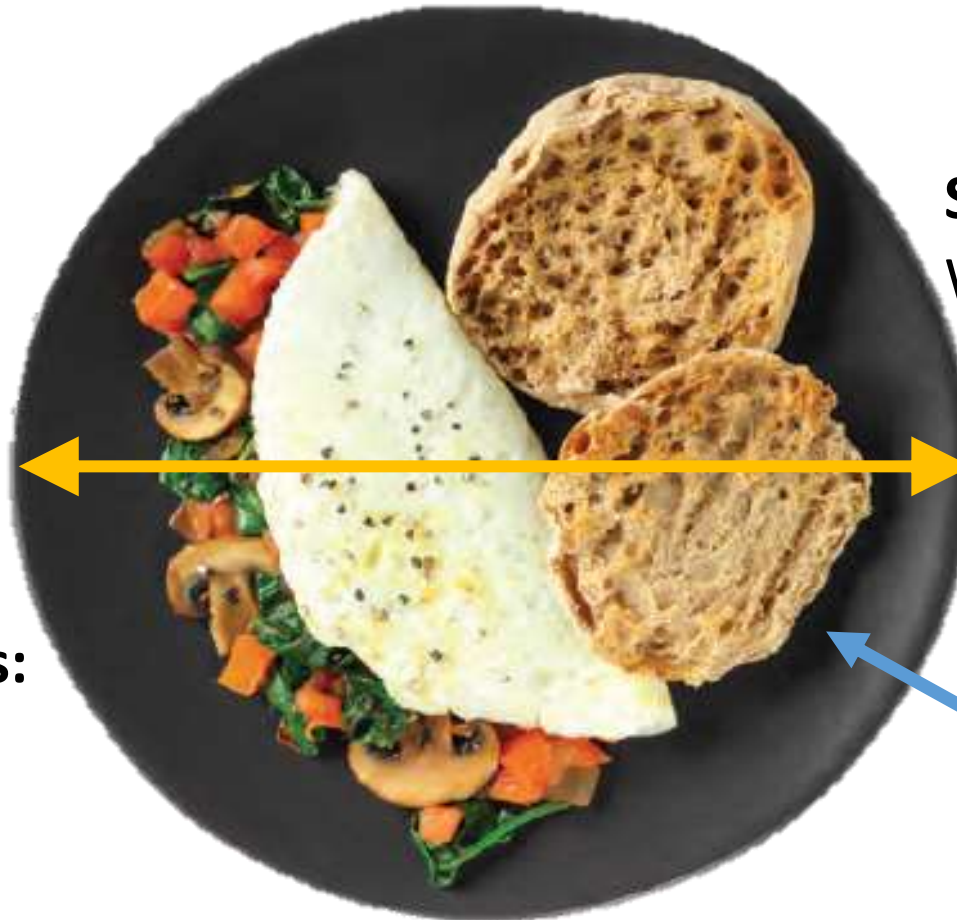
Balanced Plate - Breakfast



Fruit: Cherries
Probiotic: Nonfat Plain
Greek Yogurt

Lean Protein: Egg
White Omelet

Non-Starchy Vegetables:
Mushrooms, Tomatoes,
Spinach, Onions



Water: Coffee
Healthy Fat: Plain
Almond Milk

Starch: 100% Whole
Wheat English Muffin



Plant-Based Balanced Plate - Breakfast

Fruit: Apple

Probiotic: Plain
Nonfat Greek Yogurt

Healthy Fat:
Chia Seeds



Water:
Black Coffee

Starch: Potatoes

9 inches

Lean Protein: Tofu



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

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 uncooked rolled oats
- ½ cup milk or milk alternatives
- ¼ cup nonfat plain Greek yogurt
- 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.

Storage Tip:

Overnight oats can be stored in an airtight container for up to **5 days** in the refrigerator. The caveat is that they will continue to soften the longer they sit, which might be a bonus if you like your oatmeal on the super-creamy side.

Healthy Fat:
Chia Seeds

Fiber:
Oatmeal

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



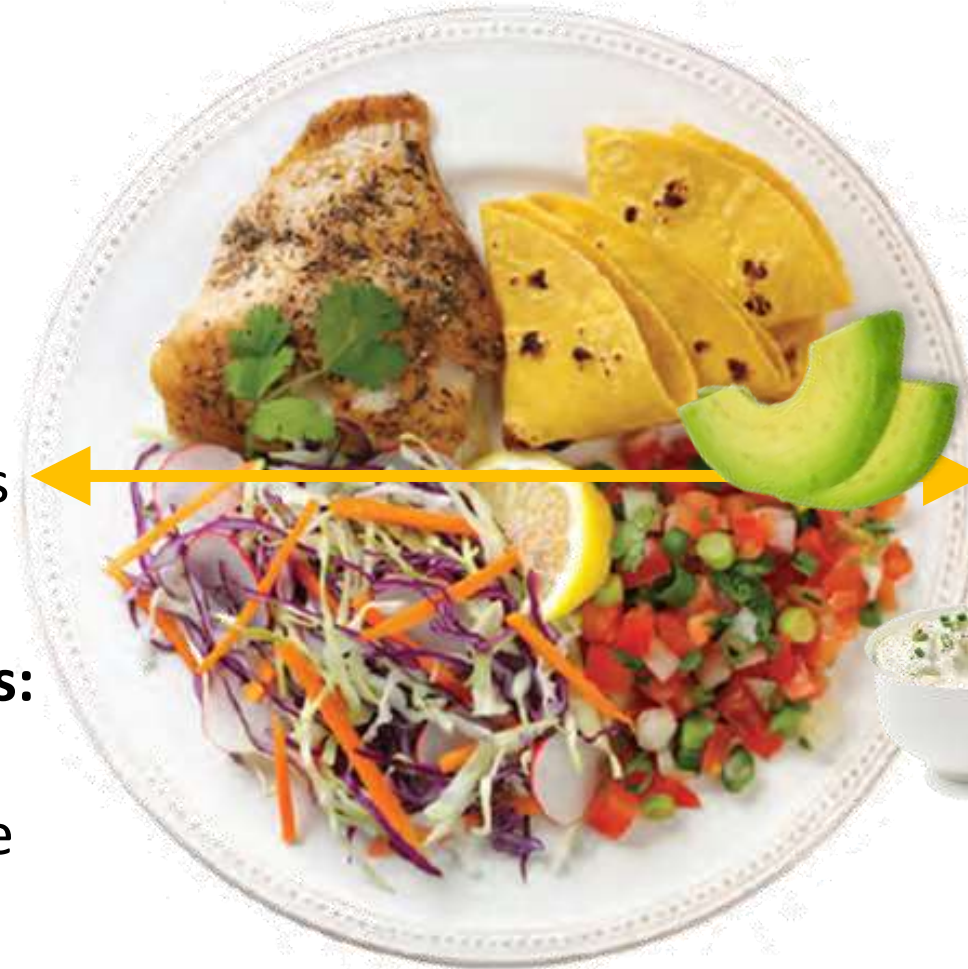
Fruit: Cantaloupe

Lean Protein: Fish

Starch: Corn Tortilla



Water:
Unsweetened
Herbal Iced Tea



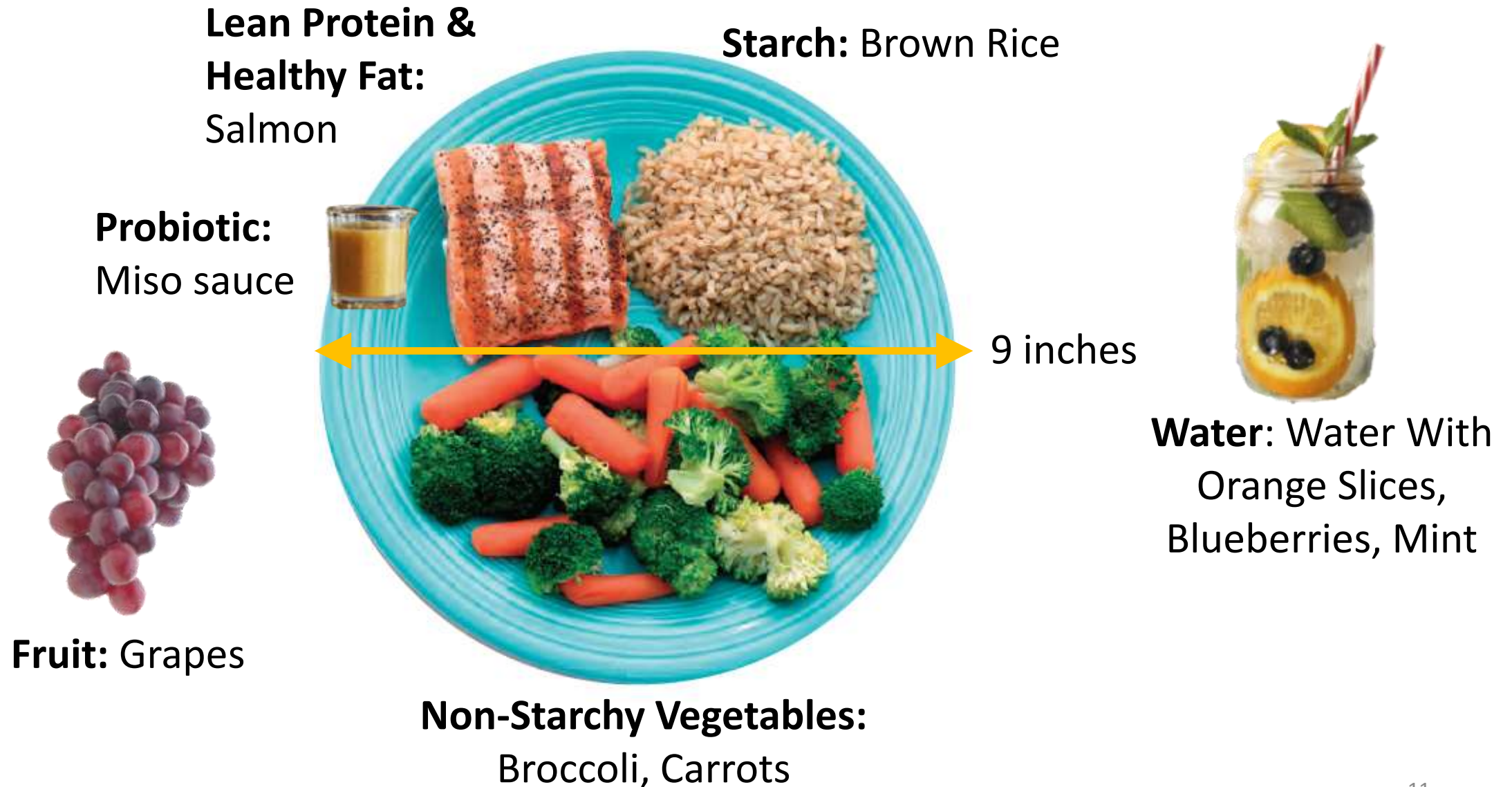
Healthy Fat: Avocado

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



Probiotic: Yogurt
Tartar Sauce

Balanced Plate – Lunch or Dinner

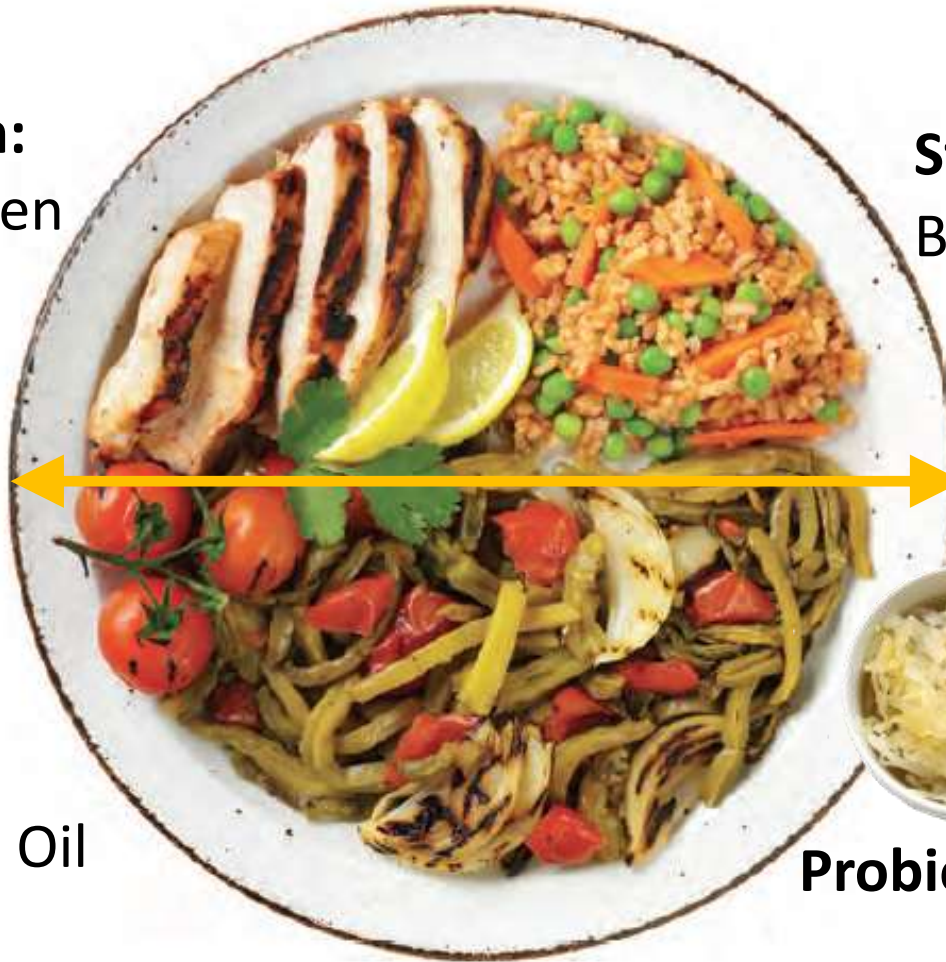


Balanced Plate – Lunch or Dinner



Fruit: Banana

Lean Protein:
Grilled Chicken



Starch: Spanish
Brown Rice



Water:
Water with
Lemon and
Cucumber

Healthy Fat: Olive Oil

Probiotic: Sauerkraut

Non-Starchy Vegetables: Nopales With
Onions And Tomatoes

Balanced Plate – Lunch or Dinner

Lean Protein: Chicken Breast

Starch: Brown Rice



Water: Herbal Tea

Fruit: Orange Slices



9 inches

Probiotic: Kimchi



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

Healthy Fat: Canola Oil

Plant-Based Balanced Plate – Lunch or Dinner

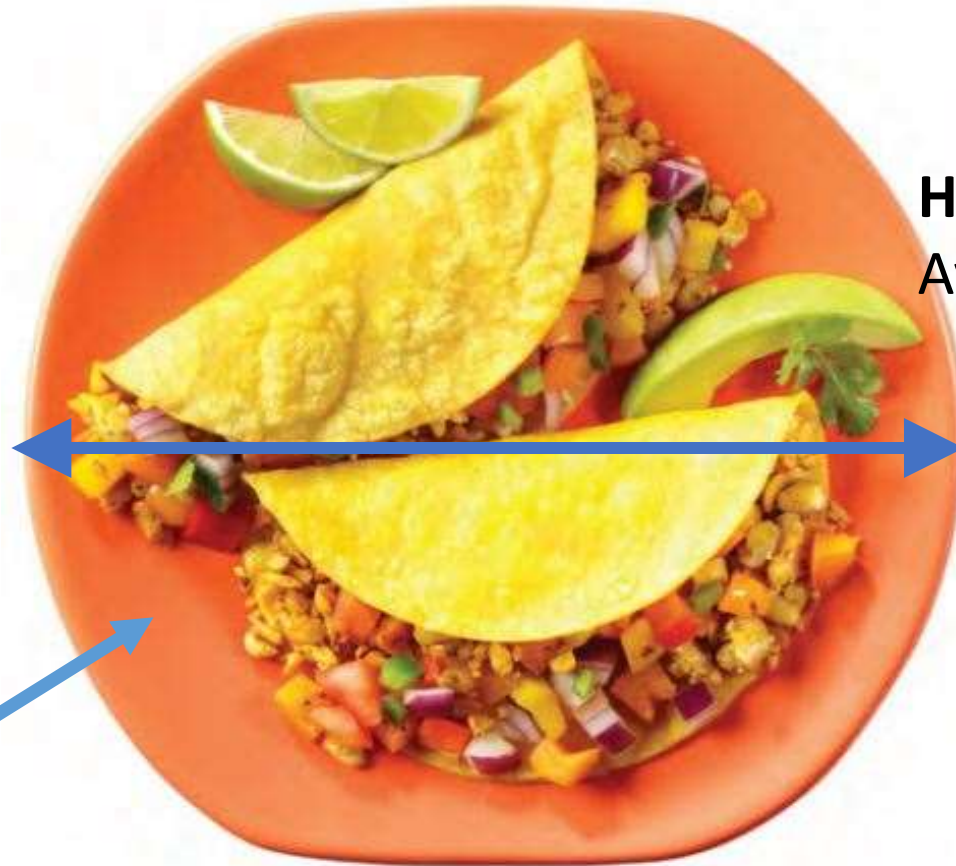


Fruit:
Watermelon

**Lean Protein
& Probiotic:**
Tempeh



Starch: Tortilla



Healthy Fat:
Avocado

9 inches

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



Water:
Sparkling
Water With
Lime and Ice

Plant-Based Balanced Plate – Lunch or Dinner

Lean Protein: Tofu

Starch: Brown Rice



Water and Probiotic:
Kombucha Tea

9 inches

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



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



Fruit: Mango



Plant-Based Balanced Plate – Lunch or Dinner

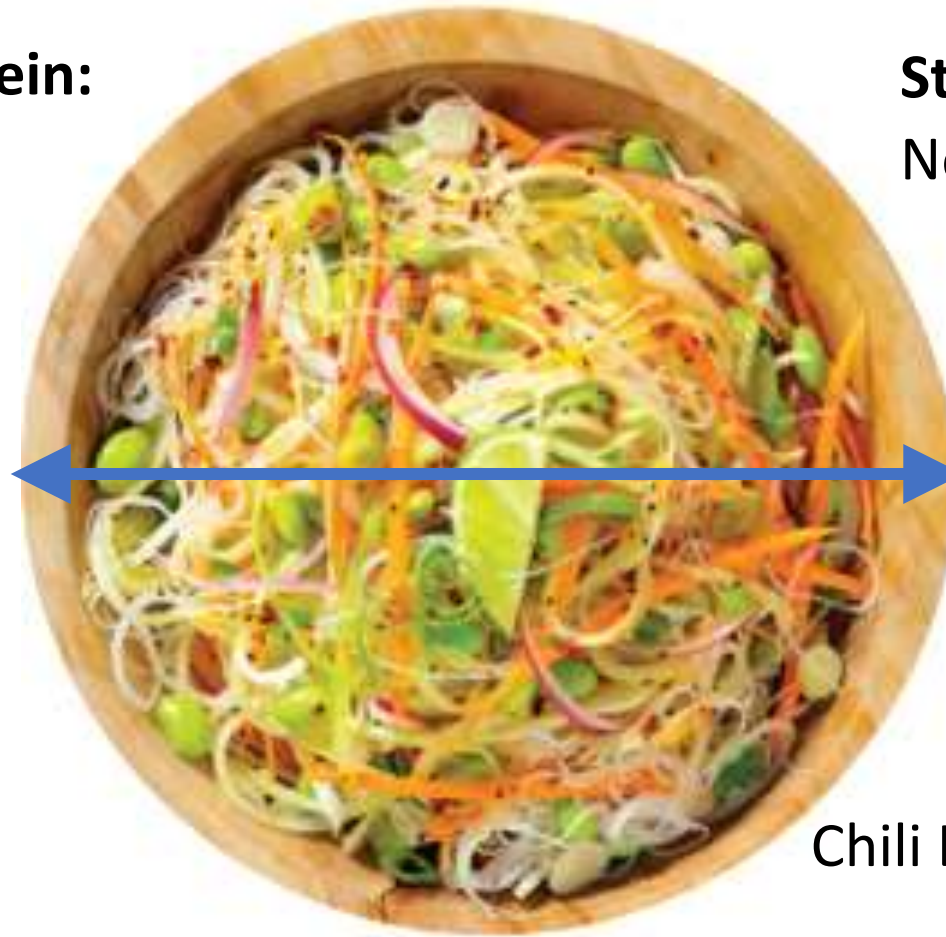
Lean Protein:
Edamame

Starch: Vermicelli
Noodles

Healthy Fat:
Mixed Nuts

Fruit:
Peach

Probiotic:
Nonfat
Live-Active
Cottage
Cheese



9 inches



Chili Lime Sauce



Water:
Water

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

Plant-Based Balanced Plate – Lunch or Dinner

Lean Protein:
White Beans



Starch: Red
Potatoes



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

Healthy Fat: Safflower Oil



Fruit:
Strawberries
Probiotic & Water:
Kefir

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

Turkey and Veggie Meatball on Pasta



Lean Protein: Ground Turkey, Low-Fat Cheese

Non-Starchy Vegetables: Asparagus, Zucchini, Onion, Tomato

Starch: Whole-Wheat Pasta

Healthy Fat: Olive Oil

Turkey Burger with Vegetable Skewers & Grilled Romaine



Lean Protein: Turkey Burger Patty

Non-Starchy Vegetables: Bell Peppers, Onions, Mushrooms, Tomatoes, Romaine Lettuce, Zucchini

Starch: Whole-Wheat Burger Buns

More Lunch or Dinner Ideas

Deli Sandwich



Lean Protein: Grilled Chicken, Swiss Cheese

Non-Starchy Vegetables:

Lettuce, Red Onions, Tomato, Pepperoncini

Starch: Whole-Wheat Bread

Fruit: Apple

Thanksgiving Dinner



Lean Protein: Turkey Breast

Non-Starchy Vegetables:

Green Beans, Rainbow Carrots

Starch: Sweet Potatoes

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

Lettuce Cups



Lean Protein: Skinless Chicken

Non-Starchy Vegetables: Lettuce, Onions, Water Chestnuts, Green Onions

Starch: Rice Noodles

Healthy Fat: Peanuts

Chicken & Greens



Lean Protein: Skinless Chicken

Non-Starchy Vegetables: Collard Greens, Green Beans, Scallions

Starch: Cornflakes, Sweet Potatoes

Healthy Fat: Olive Oil

Probiotic: Nonfat Plain Greek Yogurt

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

More Lunch or Dinner Ideas

Fajita Skillet



Lean Protein: Black Beans, Skinless Chicken

Non-Starchy Vegetables: Bell Peppers, Onions, Tomato, Serrano Pepper

Starch: Corn Tortilla, Rice

Healthy Fat: Avocado

Baked Chicken with Veggies



Lean Protein: Chicken Breast

Non-Starchy Vegetables: Carrots, Green Beans

Starch: Corn On The Cob

Black Beans with Quinoa and Grilled Vegetables



Lean Protein: Quinoa

Non-Starchy Vegetables: Grilled Onions, Grilled Red Bell Peppers, Grilled Yellow Summer Squash, Grilled Zucchini

Starch: Black Beans

More Lunch or Dinner Ideas

South Of The Border Salad



Lean Protein: Blackened Fish, Black Beans

Non-Starchy Vegetables:

Cilantro, Jalapeno, Lettuce, Red Bell Peppers

Fruit: Mango

Starch: Black Beans

Healthy Fat: Avocado

Sweet Summertime Salad



Lean Protein: Grilled Chicken

Non-Starchy Vegetables:

Apricots, Red Onions, Spring Lettuce Mix

Starch: Quinoa

Healthy Fat: Pecans

Protein Bowl



Lean Protein & Starch:

Chickpeas (aka garbanzo beans), Hummus, Quinoa

Non-Starchy Vegetables:

Cucumber, Parsley, Spinach, Tomato

Healthy Fat: Avocado

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 Snacks Pairing Ideas

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

Fiber-Containing Carbohydrates

- Whole Grain



- Fruit



- Non-Starchy Vegetables



Lean Protein

- Dairy or Dairy-Alternative



- Eggs



- Legumes



- Nuts



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: ½ Of 6inch 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