

## Healthy Meal Options and Snack Suggestions

If you are motivated about eating healthy, but you can't think of any attractive meal options, these ideas for meals and snacks should sparks some interest.

### Breakfast

#### *Pressed for Time?*

Make a fruit smoothie with plain yogurt your choice of berries, protein powder, flaxseeds and ice. Blend all them together.

#### *Need Fiber?*

1/2 cup All-Bran cereal or other high fiber cereal with 3/4 cup berries

1 cup almond milk

1 hard-boiled egg

#### *Love Toast?*

2 slices Ezekiel toast topped with 2 tablespoons organic nut butter

1 cup plain yogurt

1 fresh pear

### Lunch

#### *Simple Sandwich?*

Make an open-face sandwich: 1 slice toasted Ezekiel bread topped with 2 ounces tuna, mayo and 1/2 cup sliced cucumber and tomato

1 cup baby spinach tossed with 1/2 cup garbanzo beans and lower-fat salad dressing

#### *Feeling Creative?*

Seafood pasta salad: Mix 1/2 cup whole-grain pasta with 2 ounces seafood (use tuna canned in water, shrimp, scallops — your choice!), 1/2 cup kidney beans, 1 cup chopped vegetables (try to use at least three different colors: red peppers, white jicama and green broccoli; or orange carrots, white radishes and red tomatoes, etc.) and 1 cup yogurt

#### *Love Chicken?*

Chicken Caesar salad (3 ounces organic chicken with 2 cups mixed salad greens, 1 ounce shredded Parmesan cheese and low-fat Caesar salad dressing)

1 cup croutons

### Dinner

#### *In a Rush?*

Go for shrimp stir-fry (include 3 ounces wild shrimp, 1 cup mixed oriental vegetables and 1/3 cup brown rice with your favorite oriental seasonings)

Decaf Green tea

#### *Need more Veggies?*

Make some shrimp and vegetable kabobs (use 3 ounces of various meats/fish,

including, shrimp, scallops or lean sirloin with 1/2 cup chunks of celery, mushrooms, onions, cherry tomatoes or summer squash)  
1/2 cup coleslaw made with lower-fat dressing  
1/2 cup black bean salad (drain and rinse canned black beans under running water to remove some of the sodium, then combine with lower-fat Italian dressing and diced onions, green or red peppers and celery)

#### *Baked Potato Fan?*

Go for the halibut and baked potato. 3 ounces wild halibut (marinate in your favorite herbs or a lower-fat salad dressing)  
1/2 cup green beans (add fresh or dried dill, cider vinegar and black pepper instead of salt)  
1/2 cup baby carrots  
1/2 cup baked potato topped with 1 tablespoon fat-free sour [cream](#)

### **Snacks**

#### *Milk snacks*

- 1 cup hemp milk
- 1 cup almond or rice milk
- 1 cup plain kefir

#### *Protein snacks*

- 1 hard-boiled egg
- 1/4 cup low-fat cottage cheese
- 1/4 cup raw nuts

#### *Combination snacks*

- 1/4 cup low-fat cottage cheese with 1/2 cup fresh pineapple (protein and fruit)
- 1 cup plain yogurt with 1/2 cup fresh chopped pear (milk and fruit)
- 1 sliced apple or celery with 2 tablespoons almond butter (fruit and protein)
- 1/2 cup almonds or walnuts with 1/4 cup dried cranberries (protein and fruit)