

Healthy Eating

Easy to Prepare Healthy Food Choices

Breads/Starches

- 100% Whole wheat bread
- Milton's Multigrain Bread
- Ezekiel Bread
- Kashi Cereals – Heart to Heart, Go Lean
- Oatmeal
- Thomas Mini bagels
- Couscous
- Air popped Popcorn
- Ak Mak crackers
- Arrowhead Mills Pancake Mix
- Quinoa

Fruits

- Apple sauce
- Prunes and Prune Juice
- Raisins
- Canned Mandarin Oranges, Pineapples
- All fresh fruit like bananas, peaches, oranges, apples, grapes
- Frozen Fruits – try organic

Dairy

- Fat Free Milk
- Low fat yogurts

Non-Dairy

- Oat Beverage
- Soy Milk
- Almond Beverage

Protein

- Eggs
- Egg Beaters

- Lean Meats – Chicken, Turkey, Fish
- Canned Salmon or Tuna
- Low fat cottage Cheese
- Fresh or canned beans, Lentils, Garbanzo, Pinto (watch the Sodium)
- Low fat String Cheese
- Boca Burger
- Tofu
- Tempeh
- Healthy Choice Turkey Breast
- Chicken Breast strips 97% fat free
- Fresh Wild Caught Salmon

Veggies

- All fresh veggies – carrots, broccoli, cauliflower, salad greens
- Bagged pre-washed salad greens
- Pre-washed veggies
- Frozen veggies
- Canned tomatoes sauces, whole tomatoes
- Salsa

Fats

- Nuts (Almonds)
- Seeds (Sunflower)
- Ground Flax seeds or Meal
- Avocado
- Olive oil

Nice Additions

- Herbs and spices – garlic, onions, basil, oregano, cayenne pepper
- Utensils for quick an easy meals – 8” French Knife, cutting board, rice cooker, food processor, apple corer, strainer, salad spinner, frying pan, sauce pan, veggie steamer.

Sample Meal

Breakfast

Protein – Eggs, Cottage Cheese , Beans, or left over chicken
 Starch – Whole wheat toast, rice, cereal, or oatmeal

Fruit – Any kind like Banana, orange, strawberries
Dairy – fat free milk, Soy beverage, or almond beverage, yogurt
Fat – Almonds, Avocado

Snacks

Veggies, Fruits, yogurt

Lunch

Protein – Peanut butter, Lean turkey, Salmon, or Beans
Starch – Rice, Whole Wheat bread, Couscous
Fruit – Any kind
Veggies – Salad, steamed veggies like cauliflower, carrots, or frozen
veggies that are heated up.
Dairy – Add if did not have at Breakfast or add for Dinner or Snack.
Fat – Olive oil, avocado, nuts

Or you can use a prepackaged prepared meal like Healthy Choice or Kashi

Snack

Fruits, veggies

Dinner

Protein – Peanut butter, Lean turkey, Salmon, or Beans
Starch – Rice, Whole Wheat bread, Couscous
Fruit – Any kind
Veggies – Salad, steamed veggies like cauliflower, carrots, or frozen
veggies that are heated up.
Dairy – Add if did not have at Breakfast or Lunch or added as Snack.
Fat – Olive oil, avocado, nuts

Or you can use a prepackaged prepared meal like Healthy Choice or Kashi
if you did not use at Lunch. Use only once per day.

Evening Snack

½ peanut butter sandwich with ½ cup almond beverage.