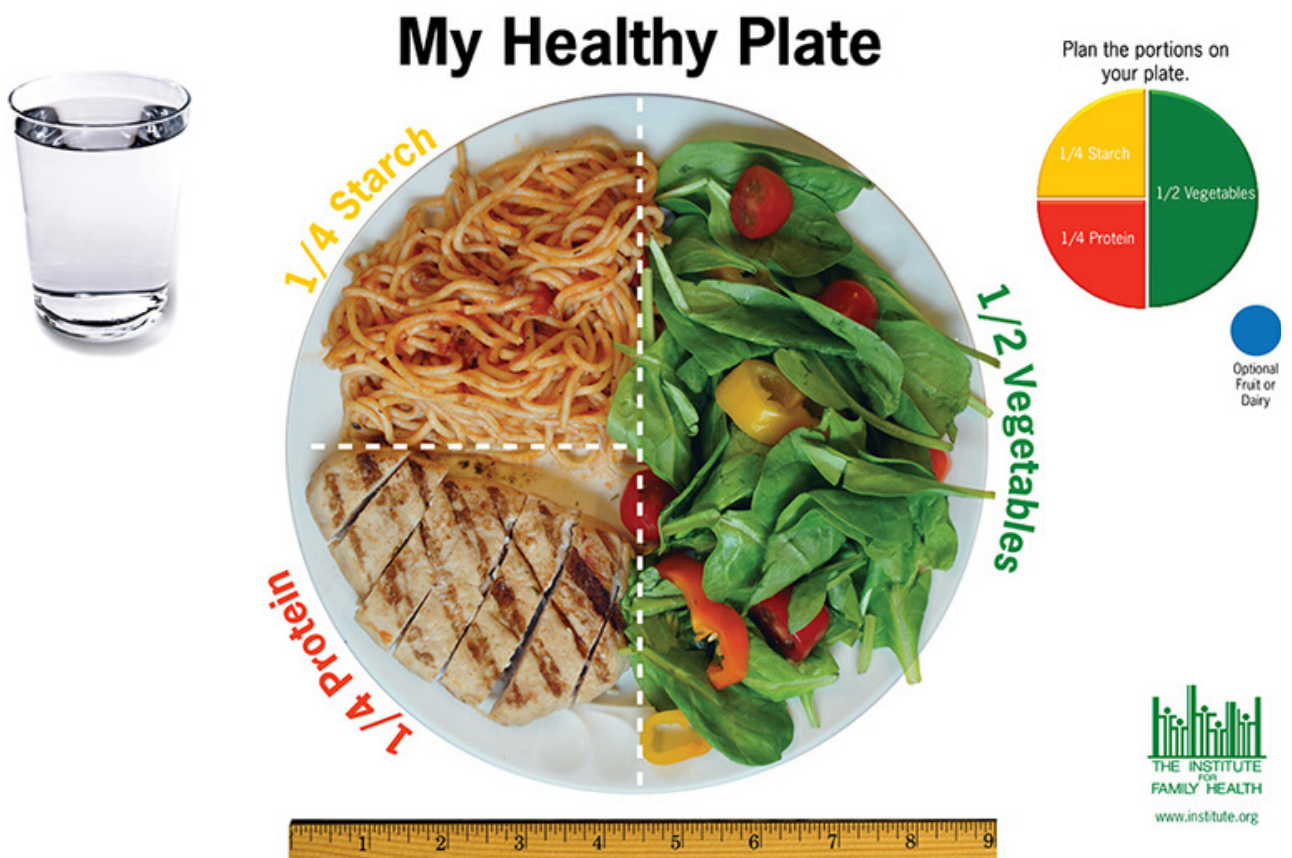


# HEALTHY PLATE MODEL-WEEK 3

Below is what your plate should look for a well rounded meal. Eat veggies as much as you want!! Aim for 3-5 servings of veggies a day this week.



# GROCERY LIST- WEEK 3

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## ENERGY SQUARES BREAKFAST INGREDIENTS

- 1 CUP CREAMY NATURAL PEANUT BUTTER
- 1/2 CUP PURE MAPLE SYRUP
- 2 CUPS OATS
- 1/2 CUP DRIED BLUEBERRIES
- 1/2 CUP CHOPPED PISTACHIOS
- 1/2 TEASPOON SALT

## POACHED EGGS/AVOCADO INGREDIENTS

- EGGS
- 2 AVOCADOS
- OPTIONAL: BANANA AND ANY VEGGIES

## NAKED TURKEY BURGER INGREDIENTS

- LOW SODIUM TURKEY BURGERS
- MICROWAVABLE VEGGIES OR VEGGIES OF CHOICE
- NO BUNS
- OPTIONAL: FRUIT OF CHOICE
- SALT AND PEPPER TO TASTE
- CONDIMENTS OF CHOICE

## SHRIMP COCKTAIL INGREDIENTS

- 1 BAG OF PRE-COOKED SHRIMP
- 1 JAR OF COCKTAIL SAUCE
- COLD VEGGIES SUCH AS BABY CARROTS OR CELERY
- HUMMUS DIP FOR VEGGIES

## SPAGHETTI SQUASH W/MARINARA INGREDIENTS

- 1 SPAGHETTI SQUASH
- 1/4 CUP BUTTER (1/2 STICK)
- 1-2 TABLESPOONS MINCED GARLIC
- 1-16 OZ JAR MARINARA SAUCE

# GROCERY LIST- WEEK 3

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## CHICKEN ENCHILADA CROCKPOT SOUP INGREDIENTS

- 1 POUND SKINLESS CHICKEN BREASTS
- 2 CUPS LOW SODIUM CHICKEN BROTH
- 10 OZ CAN LOW SODIUM ENCHILADA SAUCE
- 2-14 OZ CANS BLACK BEANS, RINSED AND DRAINED
- 1-14 OZ CAN FIRE-ROASTED DICED TOMATOES W/JUICE
- 1-15 OZ CAN WHOLE KERNEL CORN, DRAINED
- 1-4 OZ CAN DICED GREEN CHILES
- 2 CLOVES GARLIC MINCED
- 1 WHITE ONION, PEELED AND DICED
- 1 TEASPOON GROUND CUMIN SPICE
- 1 TEASPOON SALT, MORE OR LESS TO TASTE
- OPTIONAL GARNISHES; CILANTRO, AVOCADO, LOW FAT SHREDDED CHEESE

## SNACK OPTIONS

- LOW FAT COTTAGE CHEESE
- NUTS
  - RECOMMENDED: ALMONDS, PECANS, PISTACHIOS
- WHEY PROTEIN POWDER
- LOW CALORIE PROTEIN BARS
  - RECOMMENDED: ONE BARS, QUEST BARS
- BEEF JERKY
- HUMMUS AND VEGGIES
- CELERY/CARROTS AND BOLTHOUSE FARMS RANCH DRESSING

# BREAKFAST RECIPES-WEEK 3

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TITLE  
ENERGY SQUARES

PREP TIME  
10 MINUTES  
(ALLOW 1 HOUR EXTRA  
FOR THEM TO FORM)

ACCESSORIES NEEDED  
PARCHMENT PAPER  
SOME SORT OF A PAN

- INGREDIENTS
- 1 CUP CREAMY NATURAL PEANUT BUTTER
  - 1/2 CUP PURE MAPLE SYRUP
  - 2 CUPS OATS
  - 1/2 CUP DRIED BLUEBERRIES
  - 1/2 CUP CHOPPED PISTACHIOS
  - 1/2 TEASPOON SALT

## NOTES

- LINE AN 8-INCH SQUARE BAKING PAN WITH PARCHMENT PAPER, LEAVING EXTRA HANGING OVER TWO SIDES. LIGHTLY COAT THE PARCHMENT PAPER WITH COOKING SPRAY
- MIX PEANUT BUTTER AND MAPLE SYRUP IN A LARGE BOWL. STIR IN OATS, BLUEBERRIES, PISTACHIOS, AND SALT. SPREAD THE MIXTURE FIRMLY AND EVENLY INTO THE PREPARED PAN. REFRIGERATE OR COOL UNTIL COLD, ABOUT ONE HOUR.
- CUT INTO 16 SQUARES AND PORTION OUT TO HAVE KNOW MORE THAN 2 SQUARES PER DAY. EACH SQUARE IS 206 CALORIES

# BREAKFAST RECIPES-WEEK 3

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## TITLE

EGGS AND AVOCADOS

## PREP TIME

5 MINUTES

## ACCESSORIES NEEDED

MICROWAVE AND EGG  
POACHER OR SOMETHING  
TO COOK EGGS IN

## INGREDIENTS

- EGGS AND EGG WHITES
- AVOCADO
- SALT AND PEPPER TO TASTE
- OPTIONAL: FRUIT OF CHOICE

## NOTES

- FILL A MICROWAVE SAFE EGG POACHER WITH 1/2 TEASPOON OF WATER
- CRACK EGGS INTO EGG POACHER.
- POKE SEVERAL HOLES IN TOP OF EGGS WITH FORK
- PUT ANOTHER 1/2 TEASPOON WATER ON TOP OF EACH EGG
- HEAT ON HIGH FOR 1 MINUTE, TAKE OUT AND CHECK CONSISTENCY
- RE-HEAT IN 10 SECOND INCREMENTS UNTIL DESIRED DONE-NESS IS REACHED
- IF HAVING MORE THAN 2 EGGS, STRAIN OUT EGG YOLKS AND JUST HEAT UP EGG WHITES.
- USE NO MORE THAN 2 WHOLE EGGS AND 2 EGG WHITES

# LUNCH RECIPES- WEEK 3

## TITLE

NAKED TURKEY BURGERS

## PREP TIME

15 MINUTES

ACCESSORIES NEEDED:  
SILVERWARE, BOWL OR  
PLATE, BURNER OR GRILL  
TO COOK BURGERS ON

## INGREDIENTS

- LOW SODIUM TURKEY BURGERS
- DESIRED CONDIMENTS
- MICROWAVABLE VEGGIES OR VEGGIES OF CHOICE
- SALT AND PEPPER
- NO BUNS

## NOTES

- COOK TURKEY BURGERS AS RECOMMENDED ON BOX
- FILL HALF PLATE OF VEGGIES AND EAT 1 TURKEY BURGER WITH DESIRED CONDIMENTS
- COOK ALL TURKEY BURGERS AT ONCE AND SAVE THEM FOR THE FOLLOWING DAYS MEALS



# LUNCH RECIPES- WEEK 3

TITLE  
SHRIMP AND VEGGIES

PREP TIME  
5 MINUTES

ACCESSORIES NEEDED:  
SILVERWARE, PLATE

## SHRIMP COCKTAIL INGREDIENTS

- 1 BAG OF PRE-COOKED SHRIMP
- 1 JAR OF COCKTAIL SAUCE
- COLD VEGGIES SUCH AS BABY CARROTS OR CELERY
- HUMMUS DIP FOR VEGGIES
- OPTIONAL; FRUIT

## NOTES

- DE-THAW SHRIMP AND PORTION OUT 1-2 SERVINGS OF SHRIMP PER MEAL ACCORDING TO SERVING SIZE INSTRUCTIONS ON BAG
- EAT AS MANY VEGGIES AS NEEDED TO FILL UP
- DIP VEGGIES IN HUMMUS FOR FLAVOR
- OPTIONAL; FRUIT OF CHOICE



# DINNER RECIPES- WEEK 3

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## TITLE

SPAGHETTI SQUASH

## PREP/COOK TIME

25 MINUTES

## ACCESSORIES NEEDED:

MICROWAVE

## INGREDIENTS

- 1 SPAGHETTI SQUASH
- 1/4 CUP BUTTER (1/2 STICK)
- 2 TABLESPOONS MINCED GARLIC
- 16 OZ JAR MARINARA SAUCE

## NOTES

- POKE SEVERAL FORK HOLES INTO SPAGHETTI SQUASH
- MICROWAVE ON HIGH FOR 20 MINS.
- REMOVE FROM MICROWAVE AND CUT SQUASH IN HALF LENGTHWISE. REMOVE SEEDS WITH FORK.
- WITH A FORK, SHRED SPAGHETTI SQUASH AND PLACE ON SEPARATE PLATE.
- MELT BUTTER AND GARLIC IN A BOWL IN MICROWAVE FOR 1-2 MINUTES.
- PLACE SHREDDED SPAGHETTI SQUASH AND BUTTER MIXTURE INTO LARGE BOWL AND MICROWAVE FOR 5 MINUTES.
- TAKE OUT, ADD 1/2 JAR OF SPAGHETTI SAUCE, HEAT ADDITIONAL 5 MINUTES.
- TAKE OUT. MIX ADDITIONAL SAUCE IF NEEDED. MICROWAVE FOR ADDITIONAL 3 MINUTES.
- GARNISH WITH PARMESAN OR MOZZARELLA CHEESE.
- MAKES 7-8 ONE CUP SERVINGS.



# DINNER RECIPES- WEEK 3

## TITLE

CHICKEN ENCHILADA  
CROCKPOT SOUP

PREP TIME: 10 MINS

COOK TIME: 4 HOURS

ACCESSORIES NEEDED:

CROCKPOT

## NOTES

- ADD ALL INGREDIENTS TO A LARGE SLOW COOKER, AND STIR TO COMBINE.
- COOK FOR 3-4 HOURS ON HIGH HEAT OR 6-8 HOURS ON LOW HEAT, UNTIL THE CHICKEN IS COOKED THROUGH AND SHREDS EASILY.
- USE TWO FORKS TO SHRED THE CHICKEN.
- SERVE WARM, WITH OPTIONAL GARNISHES.
- YOU CAN ALSO REFRIGERATE IN A SEALED CONTAINER FOR UP TO 5 DAYS. OR FREEZE IT FOR UP TO 3 MONTHS.

## CHICKEN ENCHILADA CROCKPOT SOUP

### INGREDIENTS

- 1 POUND SKINLESS CHICKEN BREASTS
- 2 CUPS LOW SODIUM CHICKEN BROTH
- 10 OZ CAN LOW SODIUM ENCHILADA SAUCE
- 2-14 OZ CANS BLACK BEANS, RINSED AND DRAINED
- 1-14 OZ CAN FIRE-ROASTED DICED TOMATOES W/JUICE
- 1-15 OZ CAN WHOLE KERNEL CORN, DRAINED
- 1-4 OZ CAN DICED GREEN CHILES
- 2 CLOVES GARLIC MINCED
- 1 WHITE ONION, PEELED AND DICED
- 1 TEASPOON GROUND CUMIN SPICE
- 1 TEASPOON SALT, MORE OR LESS TO TASTE
- OPTIONAL GARNISHES; CILANTRO, AVOCADO, LOW FAT SHREDDED CHEESE