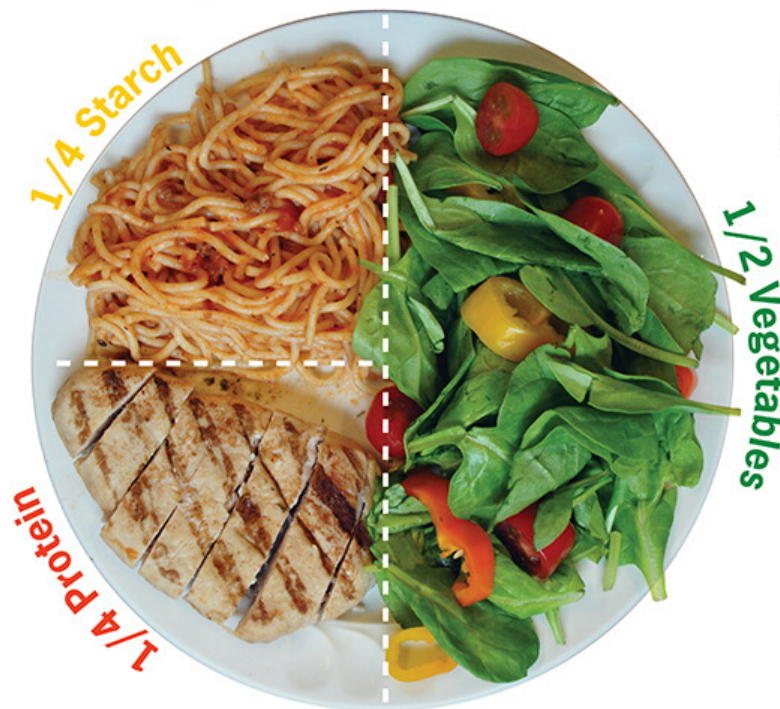


HEALTHY PLATE MODEL-WEEK 1

Below is a great visual for what you can try to make your plate look like with most meals.

Aim for 3 servings of non-starchy vegetables a day.

My Healthy Plate



Plan the portions on your plate.



Optional
Fruit or
Dairy

GROCERY LIST- WEEK 1

OATMEAL INGREDIENTS

- 1/2 PLAIN OLD FASHIONED OATS
- 1/2-1 CUP OF LIQUID (SKIM, SOY OR ALMOND MILK)
- 2 TBSP DRIED FRUIT (I PREFER CRAISINS, RAISINS)
- CINNAMON, AS DESIRED
- VANILLA, AS DESIRED
- ALMOND EXTRACT, AS DESIRED
- 1-2 TBSP POWDERED PEANUT BUTTER (PB2) OR NATURAL PEANUT BUTTER
- STEVIA, AS DESIRED (OR SWEETENER OF YOUR CHOICE)
- MASON JAR OR GLASS BOWL

POACHED EGG INGREDIENTS

- 2 EGGS
- EGG POACHER
- SALT AND PEPPER, TO TASTE
- LOW FAT CHEESE (MOZZARELLA OR SWISS), AS DESIRED
- FRUIT OF CHOICE

TUNA INGREDIENTS

- TUNA PACKET(S) OR CAN (IN WATER, NOT OIL)
- 1 TBSP LIGHT/REDUCED FAT MAYO
- RELISH, IF DESIRED
- WHOLE WHEAT BREAD OR WHOLE WHEAT CRACKERS, IF DESIRED

SIMPLE SANDWICH AND VEGETABLES INGREDIENTS

- LUNCH MEAT, LOW FAT/REDUCED SODIUM (TURKEY, CHICKEN)
- VEGETABLES FOR DRESSING SANDWICH, IF DESIRED
- MUSTARD, LOW FAT MAYO OR OTHER CONDIMENTS(LOW FAT), IF DESIRED
- WHOLE WHEAT WRAP OR WHOLE WHEAT BREAD(2)
- NON-STARCHY VEGETABLES
 - EXAMPLE: CELERY, BABY CARROTS, BELL PEPPERS, CUCUMBERS, ETC.
- GREEK YOGURT BASED DRESSING FOR DIPPING
 - BOLTHOUSE FARMS MAKE TASTY ONES

GROCERY LIST- WEEK 1

SLOPPY JOE INGREDIENTS

- 1 LB LOW FAT GROUND BEEF (90/10 FAT RATIO)
- REDUCED SODIUM SLOPPY JOE MIX OR REGULAR IF NOT AVAILABLE
- VEGETABLES TO ADD:
 - 1 OF EACH: TOMATOES, ONION, PEPPER
- WHOLE WHEAT CRACKERS OR WHOLE WHEAT BUNS

CHICKEN, RICE, AND VEGETABLES INGREDIENTS

- BAG OF CHICKEN BREASTS OR BAG OF PRE-COOKED CHICKEN IF YOU DON'T HAVE ANYTHING TO COOK WITH
- NON-STARCHY VEGETABLES (FRESH OR FROZEN)
 - EXAMPLES: BROCCOLI, CAULIFLOWER, GREEN BEANS, ASPARAGUS, BRUSSEL SPROUTS, ETC.
 - MINUTE BROWN RICE

SNACK OPTIONS

- LOW FAT COTTAGE CHEESE
- NUTS
 - RECOMMENDED: ALMONDS, PECANS, PISTACHIOS
- PROTEIN POWDER (WHEY, PEA, ETC.)
- LOW CALORIE PROTEIN BARS
 - RECOMMENDED: RX BAR, KIND BAR, ONE BARS, QUEST BARS
- BEEF JERKY
- HUMMUS AND NON-STARCHY VEGETABLES (CELERY/CARROTS)
- CELERY/CARROTS AND DRESSING

BREAKFAST RECIPES-WEEK 1

OVERNIGHT OATS
1 SERVING

PREP TIME
5 MINUTES

ACCESSORIES NEEDED:
MASON JARS OR GLASS
BOWL, UTENSILS

INGREDIENTS

- 1/2 PLAIN OLD FASHIONED OATS
- 1/2-1 CUP OF LIQUID (SKIN, SOY OR ALMOND MILK)
- 2 TBSP DRIED FRUIT (I PREFER CRAISINS, RAISINS)
- CINNAMON, AS DESIRED
- VANILLA, AS DESIRED
- ALMOND EXTRACT, AS DESIRED
- 1-2 TBSP POWDERED PEANUT BUTTER (PB2) OR NATURAL PEANUT BUTTER
- STEVIA, AS DESIRED
- MASON JAR OR GLASS BOWL

NOTES

- POUR 1/2 CUP OATMEAL IN FIRST
- POUR 2 TBSP OF DRIED FRUIT
- ADD STEVIA OR SWEETENER OF CHOICE AND 2 TABLESPOONS OF POWDERED OR NATURAL PEANUT BUTTER
- FINISH WITH A DASH OF CINNAMON, VANILLA, AND/OR ALMOND EXTRACT
- POUR MILK OR WATER OVER THE TOP UNTIL LIQUID LEVEL IS JUST ABOVE THE TOP OF THE OATMEAL
- LET SIT OVERNIGHT IN FRIDGE OR ENJOY IMMEDIATELY(CAN HEAT IN THE MICROWAVE OR EAT COLD)

BREAKFAST RECIPES-WEEK 1

POACHED EGGS
1 SERVING

PREP TIME
5 MINUTES

ACCESSORIES NEEDED:
EGG POACHER: SEE
BELOW-FOUND AT
WALMART, MICROWAVE



INGREDIENTS

- 2 EGGS
- EGG POACHER
- SALT AND PEPPER, TO TASTE
- LOW FAT CHEESE (MOZZARELLA OR SWISS), AS DESIRED
- 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.

LUNCH RECIPES- WEEK 1

TUNA
1 SERVING

PREP TIME
5 MINUTES

ACCESSORIES NEEDED:
UTENSILS, BOWL OR
PLATE

- INGREDIENTS
- TUNA PACKET(S) OR CAN (IN WATER, NOT OIL)
 - 1 TBSP LIGHT/REDUCED FAT MAYO
 - RELISH, IF DESIRED
 - WHOLE WHEAT BREAD OR WHOLE WHEAT CRACKERS, IF DESIRED

NOTES

- EMPTY TUNA CONTENTS INTO BOWL OR PLATE
- SPREAD LIGHT MAYO INTO TUNA MIXTURE
- SPREAD SPOON OF RELISH INTO TUNA/MAYO MIX
- SALT AND PEPPER TO TASTE
- WHOLE WHEAT BREAD OR WHOLE WHEAT CRACKERS, IF DESIRED

LUNCH RECIPES- WEEK 1

SIMPLE SANDWICH WITH
VEGETABLES
1 SERVING

PREP TIME
5 MINUTES

ACCESSORIES NEEDED:
SILVERWARE, PLATE

INGREDIENTS

- LUNCH MEAT, LOW FAT/REDUCED SODIUM
- LOW FAT CHEESE, IF DESIRED (MOZZARELLA OR SWISS)
- VEGETABLES FOR DRESSING SANDWICH, IF DESIRED
- MUSTARD, LOW FAT MAYO OR OTHER CONDIMENTS, IF DESIRED
- WHOLE WHEAT WRAP OR WHOLE WHEAT BREAD
- NON-STARCHY VEGETABLES
 - EXAMPLE: CELERY, BABY CARROTS, BELL PEPPERS, CUCUMBERS, ETC.
- GREEK YOGURT BASED DRESSING FOR DIPPING-BOLTHOUSE FARMS

NOTES

- MAKE SANDWICH
- LOW FAT CHEESE AND TOPPINGS
- WHOLE WHEAT WRAP OR WHOLE WHEAT BREAD:
- NON-STARCHY VEGETABLES
 - EXAMPLE: CELERY, BABY CARROTS, BELL PEPPERS, CUCUMBERS, ETC
- GREEK YOGURT BASED DRESSING FOR DIPPING-BOLTHOUSE FARMS
 - (FOUND IN COLD SALAD SECTION IN WAL MART)
- STORE VEGETABLES IN AIR TIGHT CONTAINER TO HELP THEM LAST LONGER

DINNER RECIPES- WEEK 1

SLOPPY JOES
AROUND 4 SERVINGS

PREP TIME
15 MINUTES

ACCESSORIES NEEDED:
STOVE TOP SAUCEPAN OR
INSTANT POT, UTENSILS,
PLATE

- INGREDIENTS
- 1 LB LOW FAT GROUND BEEF (90/10 FAT RATIO)
 - REDUCED SODIUM SLOPPY JOE MIX OR REGULAR IF NOT AVAILABLE
 - VEGETABLES TO ADD:
 - 1 OF EACH:
TOMATOES, ONION,
PEPPER
 - WHOLE WHEAT CRACKERS OR WHOLE WHEAT BUNS

NOTES

- BROWN GROUND BEEF IN STOVE TOP, INSTANT POT, OR WHATEVER IS AVAILABLE
- ADD SLOPPY JOE SAUCE AND SLICED VEGETABLES
- USE CRACKERS TO DIP INTO MIXTURE
 - WATCH SERVING SIZE
- CAN ADD ADDITIONAL VEGETABLES AND/OR FRUIT ON THE SIDE

DINNER RECIPES- WEEK 1

CHICKEN BREAST WITH
RICE AND VEGETABLES
3 SERVINGS

PREP TIME
VARIES

ACCESSORIES NEEDED:
SOMETHING TO COOK
CHICKEN WITH, UTENSILS,
PLATE, MICROWAVE

INGREDIENTS

- BAG OF CHICKEN BREASTS OR BAG OF PRE-COOKED CHICKEN (IF YOU DON'T HAVE ANYTHING TO COOK WITH)
- NON-STARCHY VEGETABLES (FRESH OR FROZEN)
 - EXAMPLES: BROCCOLI, CAULIFLOWER, GREEN BEANS, ASPARAGUS, BRUSSEL SPROUTS, ETC.
- MINUTE BROWN RICE

NOTES

- COOK CHICKEN BREASTS WITH WHATEVER EQUIPMENT YOU HAVE: SEE DRIVERHEALTHANDFITNESS.COM FOR MICROWAVE COOKING INSTRUCTIONS
- MICROWAVE VEGGIES IN BAG AND COOK RICE
- PORTION CHICKEN, RICE, AND VEGETABLES ON PLATE ACCORDING TO HEALTHY PLATE INSTRUCTIONS
- MAKE ENOUGH FOR 3 NIGHTS WORTH OF MEALS