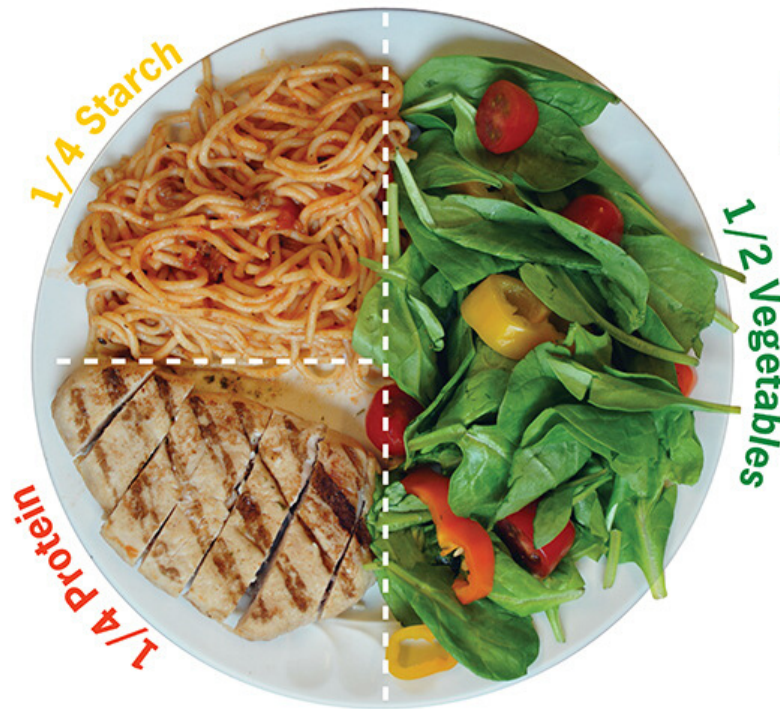


HEALTHY PLATE MODEL-WEEK 2

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 2

HIGH PROTEIN BREAKFAST INGREDIENTS

- 1 SCOOP PROTEIN POWDER (WHEY, PEA PROTEIN, ETC.)
 - RECOMMEND BUYING IN BULK TUB FORM AT WALMART
- 1/2 CUP OR 5.3 OZ LOW FAT GREEK YOGURT
 - RECOMMEND: DANNON LIGHT AND FIT OR OIKOS TRIPLE ZERO
- OPTIONAL FRUIT
 - BANANA, BERRIES, APPLE, GRAPES, ETC.

JIMMY DEAN MEAL INGREDIENTS

- JIMMY DEAN DELIGHT SANDWICHES OR BREAKFAST BOWLS
- OPTIONAL: FRUIT AND/OR NON-STARCHY VEGETABLES

CHICKEN SALAD INGREDIENTS

- 1 CAN CHICKEN BREAST (IN WATER, NOT OIL)
- 1 TBSP LIGHT/REDUCED FAT MAYONNAISE
- GRAPES, APPLES, DRIED CRANBERRIES, CELERY, AS DESIRED
- CUMIN SPICE, TO TASTE
- SALT AND PEPPER, TO TASTE
- TO DIP: WHOLE WHEAT CRACKERS OR NON-STARCHY VEGETABLES (CARROTS, CELERY, ETC.)

EDAMAME AND FETA SALAD INGREDIENTS

- 2 CUPS EDAMAME (ALREADY SHELLLED)
- 1 CUP FROZEN OR FRESH CORN
- 1 CUP COOKED QUINOA OR BROWN RICE
- 1 RED PEPPER
- 1 BUNCH CILANTRO
- 1/2 CUP FETA CHEESE CRUMBLES
- 2 GREEN ONIONS
- 1 SMALL ROMA TOMATO
- 2 TBSP LEMON JUICE
- 2 TBSP LIME JUICE
- 2 TBSP OLIVE OIL
- OPTIONAL: SALT, PEPPER, CAYENNE PEPPER, AVOCADO

GROCERY LIST- WEEK 2

SPINACH SALAD JAR INGREDIENTS

- 2 CUPS GARBANZO BEANS, RINSED AND DRAINED
- 1 CUP DICED TOMATOES
- 1 DICED RED ONION
- 4 OZ. BABY SPINACH (4 BIG HANDFULS)
- 4 WHITE MUSHROOMS
- 4 HARD BOILED EGGS
- 1 TBSP OLIVE OIL
- 2 TBSP BALSAMIC VINEGAR
- SALT AND PEPPER, TO TASTE

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 OF CHOICE
 - I RECOMMEND MICROWAVABLE BAG OF VEGETABLES TO SAVE TIME (EXAMPLES: BROCCOLI, CAULIFLOWER, GREEN BEANS, 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 BAR, QUEST BAR
- BEEF JERKY (WATCH SODIUM AND SUGAR)
 - RECOMMENDED: EPIC JERKY
- HUMMUS AND NON-STARCHY VEGETABLES
(CELERY/CARROTS)
- CELERY/CARROTS AND DRESSING

BREAKFAST RECIPES-WEEK 2

PROTEIN SHAKE
1 SERVING

PREP TIME:
1 MINUTE

ACCESSORIES NEEDED:
PROTEIN SHAKER BOTTLE

INGREDIENTS

- 1 OR 2 SCOOPS PROTEIN POWDER (WHEY, PEA PLANT, ETC.)
- 1 CUP MILK (SKIM, SOY OR ALMOND) OR WATER
- OPTIONAL FRUIT
 - BANANA, APPLE, BERRIES, PEAR, ORANGE, ETC.

NOTES

- SIMPLE MEAL IDEA- ADD A CARBOHYDRATE TO MAKE THE MEAL BALANCED.
- BLEND PROTEIN POWDER IN BLENDER BOTTLE- 1 OR 2 SCOOPS
- 1 CUP MILK (SKIM, SOY OR ALMOND)
- OPTIONAL FRUIT:
 - BANANA, APPLE, BERRIES, PEAR, ORANGE, ETC.



BREAKFAST RECIPES-WEEK 2

JIMMY DEAN
1 SERVING

PREP TIME:
5 MINUTES

ACCESSORIES NEEDED:
MICROWAVE

INGREDIENTS

- 1 JIMMY DEAN DELIGHT SANDWICHES OR BREAKFAST BOWLS
- OPTIONAL: FRUIT AND/OR NON-STARCHY VEGETABLES

NOTES

- COOK 1 JIMMY DEAN SANDWICH FROM DIRECTIONS ON BOX
- OPTIONAL FRUIT AND/OR NON-STARCHY VEGETABLES



LUNCH RECIPES- WEEK 2

CHICKEN SALAD
1 SERVING

PREP TIME:
15 MINUTES

ACCESSORIES NEEDED:
SILVERWARE, BOWL OR
PLATE

INGREDIENTS

- 1 CAN CHICKEN BREAST (IN WATER, NOT OIL)
- 1 TBSP LIGHT/REDUCED FAT MAYO
- GRAPES, APPLES, DRIED CRANBERRIES, CELERY, AS DESIRED
- CUMIN SPICE, TO TASTE
- SALT AND PEPPER, TO TASTE
- TO DIP: WHOLE WHEAT CRACKERS OR NON-STARCHY VEGETABLES (CARROTS, CELERY, ETC.)

NOTES

- DRAIN AND EMPTY CANNED CHICKEN CONTENTS INTO BOWL
- CUT UP APPLES, CELERY, AND GRAPES INTO SMALL PIECES THEN MIX INTO CHICKEN
- ADD DRIED CRANBERRIES (1-2 TBSP)
- SPRINKLE CUMIN, SALT AND PEPPER ON TOP
- 1 TBSP LIGHT MAYO INTO TUNA MIXTURE UNTIL DESIRED CONSISTENCY IS REACHED
- CAN PAIR WITH WHOLE WHEAT CRACKERS/BREAD OR NON-STARCHY VEGETABLES



LUNCH RECIPES- WEEK 2

EDAMAME AND FETA
SALAD
4 SERVINGS

PREP TIME:
30 MINUTES

ACCESSORIES NEEDED:
SILVERWARE, CUTTING KNIFE,
CUTTING BOWL, BOWL,
MICROWAVE

INGREDIENTS

- 2 CUPS EDAMAME (ALREADY SHELLED)
- 1 CUP FROZEN OR FRESH CORN
- 1 CUP COOKED QUINOA OR BROWN RICE
- 1 RED PEPPER, SEEDED AND DICED
- 1 BUNCH CILANTRO (STEMS DISCARDED)
- 1/2 CUP FETA CHEESE CRUMBLES
- 2 GREEN ONIONS, TRIMMED AND SLICED VERY THIN
- 1 SMALL ROMA TOMATO
- 2 TBSP LEMON JUICE
- 2 TBSP LIME JUICE
- 2 TBSP OLIVE OIL
- OPTIONAL: SALT, PEPPER, CAYENNE PEPPER, AVOCADO

NOTES

- 2 CUPS SHELLED AND COOKED EDAMAME (I BOIL FOR ABOUT 5 MINUTES IN THE MICROWAVE)
- 1 CUP FROZEN OR FRESH CORN (I USE FROZEN AND SET IT ON TOP OF THE HOT EDAMAME IN THE BOWL AND THAWS IN MINUTES)
- COOK QUINOA OR BROWN RICE ACCORDING TO DIRECTIONS
- TO A LARGE BOWL, ADD ALL INGREDIENTS IN ORDER LISTED AND TOSS VERY WELL TO COMBINE
- TASTE AND ADJUST SEASONINGS AS NECESSARY
- SALAD MAY BE SERVED IMMEDIATELY, ALTHOUGH FLAVORS DEVELOP AND TASTE EVEN BETTER THE SECOND DAY
- SALAD WILL KEEP IN AN AIR TIGHT CONTAINER IN REFRIGERATOR FOR UP TO 4 DAYS

DINNER RECIPES- WEEK 2

SPINACH SALAD JARS
4 SERVINGS

PREP TIME:
15 MINUTES

ACCESSORIES NEEDED:
MASON JARS OR GLASS BOWL,
UTENSILS, CUTTING BOARD,
CUTTING KNIFE

INGREDIENTS

- 2 CUPS GARBANZO BEAN-RINSED AND DRAINED
- 1 CUP DICED TOMATOES
- 1 DICED RED ONION
- 4 OZ. BABY SPINACH
 - 4 BIG HANDFULS
- 4 WHITE MUSHROOMS
- 4 HARD BOILED EGGS
- 1 TABLESPOON OLIVE OIL
- 2 TABLESPOON BALSAMIC VINEGAR
- A PINCH OF SALT AND PEPPER

NOTES

- LAYER INGREDIENTS IN SALAD JARS IN THE ORDER THEY ARE LISTED IN 1-PINT MASON JAR (EXCEPT DRESSING INGREDIENTS)
- AFTER MIXING DRY INGREDIENTS, POP ON THE LIDS AND STORE IN THE FRIDGE FOR UP TO 5 DAYS
- PUT ALL DRESSING INGREDIENTS IN AN EMPTY JAR AND SHAKE UP BEFORE POURING ON SALAD.



DINNER RECIPES- WEEK 2

CHICKEN BREAST WITH
RICE AND VEGETABLES

PREP TIME: VARIES
3 SERVINGS

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

INGREDIENTS

- BAG OF CHICKEN BREASTS OR BAG OF PRE-COOKED CHICKEN (IF YOU DON'T HAVE ANYTHING TO COOK WITH)
- NON-STARCHY VEGETABLES OF YOUR CHOICE
 - I RECOMMEND MICROWAVABLE BAG OF VEGETABLES TO SAVE TIME (BROCCOLI, CAULIFLOWER, GREEN BEANS, ETC.)
- MINUTE BROWN RICE

NOTES

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