

# HEALTHY PLATE MODEL-WEEK 4

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. Drink 8 oz glass of water before eating each meal and after each meal.



# GROCERY LIST- WEEK 4

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## BREAKFAST QUINOA INGREDIENTS

- 1 BAG QUINOA
- CINNAMON
- ALMOND MILK
- BANANAS
- RASPBERRIES
- POMEGRANATE SEEDS (OPTIONAL)

## NO BAKE PEANUT BUTTER GRANOLA BAR INGREDIENTS

- I RECOMMEND DOUBLING OR TRIPLING THESE INGREDIENTS TO MAKE EXTRAS
- 1 & 3/4 CUPS ROLLED OATS
- 1 CUP CRISP PUFFED BROWN RICE CEREAL
- 1/4 CUP PUMPKIN SEEDS
- 1/4 CUP SUNFLOWER SEEDS
- 1/4 CUP CHIA SEEDS OR 1/8 CUP GROUND FLAXSEED
- 1/4 CUP UNSWEETENED COCONUT (OPTIONAL)
- 1/2 CUP BROWN RICE SYRUP
- 1/3 CUP CREAMY PEANUT BUTTER
- 1 TSP. VANILLA EXTRACT (OPTIONAL)

## MASON JAR SALAD WITH CHICKPEAS INGREDIENTS

- FOR THE SALAD: MAKES TWO SERVINGS
- 1 CUP CANNED CHICKPEAS
- 1 CUP CHOPPED CUCUMBERS
- 1 CUP CHOPPED CHERRY TOMATOES
- 1 CUP COOKED QUINOA
- 1/2 CUP CHOPPED PARSLEY
- 3-4 CUPS ARUGULA

# GROCERY LIST- WEEK 4

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- FOR THE DRESSING
- 2 TABLESPOONS OLIVE OIL
- JUICE OF 1 LEMON
- 1 TSP DIJON MUSTARD
- 1 TSP MAPLE SYRUP
- 1/2 TSP GARLIC POWDER
- SALT AND PEPPER

## NAKED CHICKEN PATTY AND ANTS ON A LOG INGREDIENTS

- 1 BAG OF MORNINGSTAR FARMS CHICKEN PATTIES
- NO BREAD OR BUN
- CELERY
- LOW FAT PEANUT BUTTER
- RAISINS
- LOW FAT CONDIMENTS AS DESIRED

## CARIBBEAN TUNA SALAD INGREDIENTS

- 2 CANS (5 OZ.) STARKIST SOLID ALBACORE TUNA IN WATER, DRAINED
- 2-1/2 TBSP. LIGHT MAYO
- 2 TSP CHOPPED CHIPOTLE PEPPER IN ADOBO SAUCE
- 1/4 CUP CHOPPED JICAMA
- 1 MANGO (1/2 DICED FOR SALAD AND 1/2 DICED FOR GARNISH)
- 4 AVOCADOS, HALVED
- CILANTRO AND LIME JUICE TO TASTE
- LEAF LETTUCE, IF DESIRED

# GROCERY LIST- WEEK 4

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## INGREDIENTS:

- FETA SPREAD:
  - 3/4 CUP CRUMBLLED FETA CHEESE
  - 3 TBSP. NONFAT PLAIN YOGURT
  - 1 TBSP. FRESH LEMON JUICE
  - 2 TSP. DRIED OREGANO
  - 1 TSP. FINELY GRATED LEMON ZEST (OPTIONAL)
  - 1/4 TSP. BLACK PEPPER
- SANDWICH SUPPLIES:
  - 4 LARGE WHOLE-WHEAT PITA BREADS
  - 4 LARGE PIECE ROMAINE LETTUCE
  - 1 CUCUMBER
  - 1 BUNCH MINT LEAVES (OPTIONAL)
  - 1 POUND THINLY SLICED ROASTED TURKEY BREAST

## 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 4

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TITLE  
BREAKFAST QUINOA

PREP TIME  
10 MINS

ACCESSORIES NEEDED  
MICROWAVE

- INGREDIENTS PER  
SERVING
- 1/2 CUP SPROUTED QUINOA
  - WATER
  - CINNAMON
  - ALMOND MILK
  - BANANA
  - RASPBERRIES
  - POMEGRANATE SEEDS

## NOTES

- RINSE 1/2 CUP QUINOA UNDER COLD WATER
- PLACE QUINOA IN A BOWL WITH A CUP OF WATER AND CINNAMON
- MICROWAVE ON HIGH 4 MINUTES, THEN STIR
- THEN FOLLOW UP WITH ANOTHER 3 MINUTES IN MICROWAVE
- REMOVE FROM THE MICROWAVE AND ALLOW TO SIT FOR ANOTHER 2 MINUTES WITH A LID ON THE BOWL TO KEEP IN HEAT
- AFTER TWO MINUTES, FLUFF WITH A FORK, ADD A SPLASH OF MILK, MASHED BANANAS FOR SWEETNESS, THEN TOP WITH A FEW RASPBERRIES AND POMEGRANATE SEEDS



# BREAKFAST RECIPES-WEEK 4

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## TITLE

NO BAKE GRANOLA BARS

PREP TIME: 15 MINS  
TOTAL TIME: 40 MINS

ACCESSORIES NEEDED  
BOWL AND SILVERWARE

## NO BAKE PEANUT BUTTER GRANOLA BAR INGREDIENTS

- I RECOMMEND DOUBLING OR TRIPLING THESE INGREDIENTS TO MAKE EXTRAS
- 1 & 3/4 CUPS ROLLED OATS
- 1 CUP CRISP PUFFED BROWN RICE CEREAL
- 1/4 CUP PUMPKIN SEEDS
- 1/4 CUP SUNFLOWER SEEDS
- 1/4 CUP CHIA SEEDS OR 1/8 CUP GROUND FLAXSEED
- 1/4 CUP UNSWEETENED COCONUT (OPTIONAL)
- 1/2 CUP BROWN RICE SYRUP
- 1/3 CUP CREAMY PEANUT BUTTER
- 1 TSP. VANILLA EXTRACT (OPTIONAL)

## NOTES

- ADD ALL THE DRY INGREDIENTS TO A LARGE BOWL. MIX THEM TOGETHER.
- IN A SEPARATE (MICROWAVE SAFE) BOWL, MIX TOGETHER THE WET INGREDIENTS, THEN MICROWAVE THEM FOR ABOUT 20 TO 30 SECONDS. THIS WILL MAKE IT EASIER TO MIX AND ADD TO THE DRY INGREDIENTS SINCE IT'S REALLY STICKY
- POUR WET INGREDIENTS INTO DRY AND MIX. KEEP MIXING UNTIL THE WET BINDING INGREDIENTS ARE AS WELL DISTRIBUTED AS POSSIBLE.
- PUT THE MIXTURE INTO A SHALLOW PAN AND FLATTEN IT DOWN. PLACE PAN IN FRIDGE TO LET THE BARS CHILL/SET.
- AFTER ABOUT 30 MINUTES IN THE FRIDGE (OR YOU CAN WAIT UNTIL THE NEXT DAY - WHATEVER WORKS), CUT THEM INTO BARS, THEN WRAP THEM UP IN FOIL AND STORE BACK IN THE FRIDGE (OR IN THE FREEZER!) FOR EASY GRAB AND GO BREAKFAST.

# LUNCH RECIPES- WEEK 4

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## TITLE

MASON JAR QUINOA  
SALAD WITH CHICKPEAS

## PREP TIME

15 MINUTES

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

## INGREDIENTS

- FOR THE SALAD:
- 1 CUP CANNED CHICKPEAS
- 1 CUP CHOPPED CUCUMBERS
- 1 CUP CHOPPED CHERRY TOMATOES
- 1 CUP COOKED QUINOA
- 1/2 CUP CHOPPED PARSLEY
- 3-4 CUPS ARUGULA
- FOR THE DRESSING
- 2 TABLESPOONS OLIVE OIL
- JUICE OF 1 LEMON
- 1 TSP DIJON MUSTARD
- 1 TSP MAPLE SYRUP
- 1/2 TSP GARLIC POWDER
- SALT AND PEPPER

## NOTES

- BEGIN WITH THE DRESSING. WHISK ALL INGREDIENTS TOGETHER IN A SMALL BOWL. TASTE AND ADJUST SEASONING IF DESIRED.
- WHEN READY TO ASSEMBLE THE SALADS, EVENLY DIVIDE THE DRESSING BETWEEN 2 WIDE MOUTH MASON JARS (QUART SIZE).
- THEN EVENLY DIVIDE THE REMAINING INGREDIENTS AND ADD TO THE MASON JARS IN THE ORDER LISTED. SEAL WITH LID AND STORE IN THE REFRIGERATOR UNTIL READY TO EAT. WHEN SERVING, POUR CONTENTS OF THE MASON JAR INTO A BOWL. STIR AROUND TO HELP GET DRESSING DISTRIBUTED AND ENJOY!

# LUNCH RECIPES- WEEK 4

## TITLE

NAKED CHICKEN PATTIES  
AND ANTS ON A LOG

PREP TIME  
5 MINUTES

ACCESSORIES NEEDED:  
SILVERWARE, PLATE,  
MICROWAVE

## NAKED CHICKEN PATTY INGREDIENTS

- 1 BAG OF MORNINGSTAR FARMS CHICKEN PATTIES
- NO BREAD OR BUN
- CELERY
- LOW FAT PEANUT BUTTER
- RAISINS

## NOTES

- NAKED CHICKEN
- COOK CHICKEN PATTIES AS DIRECTED ON PACKAGE
- LIMIT YOURSELF TO 2 PATTIES PER MEAL
- USE BBQ SAUCE OR LOW FAT CONDIMENT OF CHOICE
- ANTS ON A LOG
- CUT CELERY INTO PIECES, THEN SPREAD A SMALL AMOUNT OF PEANUT BUTTER ON EACH PIECE.
- TOP PEANUT BUTTER WITH RAISINS AND ENJOY A LOW CALORIE TREAT





# DINNER RECIPES- WEEK 4

## TITLE

CARIBBEAN TUNA SALAD

## PREP TIME

10 MINUTES

## ACCESSORIES NEEDED:

BOWL, SILVERWARE

## INGREDIENTS

- 2 CANS (5 OZ.) STARKIST SOLID ALBACORE TUNA IN WATER, DRAINED
- 2-1/2 TBSP. LIGHT MAYO
- 2 TSP CHOPPED CHIPOTLE PEPPER IN ADOBO SAUCE
- 1/4 CUP CHOPPED JICAMA
- 1 MANGO (1/2 DICED FOR SALAD AND 1/2 DICED FOR GARNISH)
- 4 AVOCADOS, HALVED
- CILANTRO AND LIME JUICE TO TASTE
- LEAF LETTUCE, IF DESIRED

## NOTES

- IN A MEDIUM BOWL MIX MAYONNAISE AND CHIPOTLE PEPPER WELL. ADD TUNA, JICAMA AND DICED MANGO AND MIX WELL
- CUT AVOCADOS IN HALF AND REMOVE SEED. HOLLOW OUT SLIGHTLY AND IF DESIRED ADD CILANTRO
- PLACE ON LETTUCE LINED PLATE WITH MANGO SLICES AS A GARNISH.

Find Jicama in the  
Produce section  
at Wal Mart



Chipotle peppers  
in adobo sauce



# DINNER RECIPES- WEEK 4

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## TITLE

GREEK SALAD PITAS WITH  
TURKEY AND FETA SPREAD

PREP TIME; 10 MINS

ACCESSORIES NEEDED:  
NONE SPECIFICALLY

## INGREDIENTS:

- FETA SPREAD:
  - 3/4 CUP CRUMBLLED FETA CHEESE
  - 3 TBSP. NONFAT PLAIN YOGURT
  - 1 TBSP. FRESH LEMON JUICE
  - 2 TSP. DRIED OREGANO
  - 1 TSP. FINELY GRATED LEMON ZEST (OPTIONAL)
  - 1/4 TSP. BLACK PEPPER
- SANDWICH SUPPLIES:
  - 4 LARGE WHOLE-WHEAT PITA BREADS
  - 4 LARGE PIECE ROMAINE LETTUCE
  - 1 CUCUMBER
  - 1 BUNCH MINT LEAVES (OPTIONAL)
  - 1 POUND THINLY SLICED ROASTED TURKEY BREAST

## NOTES

- IN A MEDIUM BOWL, COMBINE THE FETA CHEESE AND YOGURT WITH A FORK, MASHING ANY LARGE CHUNKS OF CHEESE. STIR IN THE LEMON JUICE, OREGANO, LEMON ZEST, AND PEPPER. THE SPREAD WILL KEEP FOR UP TO 5 DAYS IN AN AIRTIGHT CONTAINER IN THE REFRIGERATOR.
- TO MAKE A SANDWICH, CUT A PITA IN HALF TO FORM 2 POCKETS. LINE EACH POCKET WITH HALF A LETTUCE LEAF. SPREAD 2 HEAPING TABLESPOONS OF FETA SPREAD INTO EACH POCKET. THEN FILL EACH POCKET WITH ABOUT 6 CUCUMBER SLICES, 4 OR 5 MINT LEAVES, AND 2 OR 3 SLICES OF TURKEY. SERVE IMMEDIATELY OR WRAP IN FOIL TO GO.