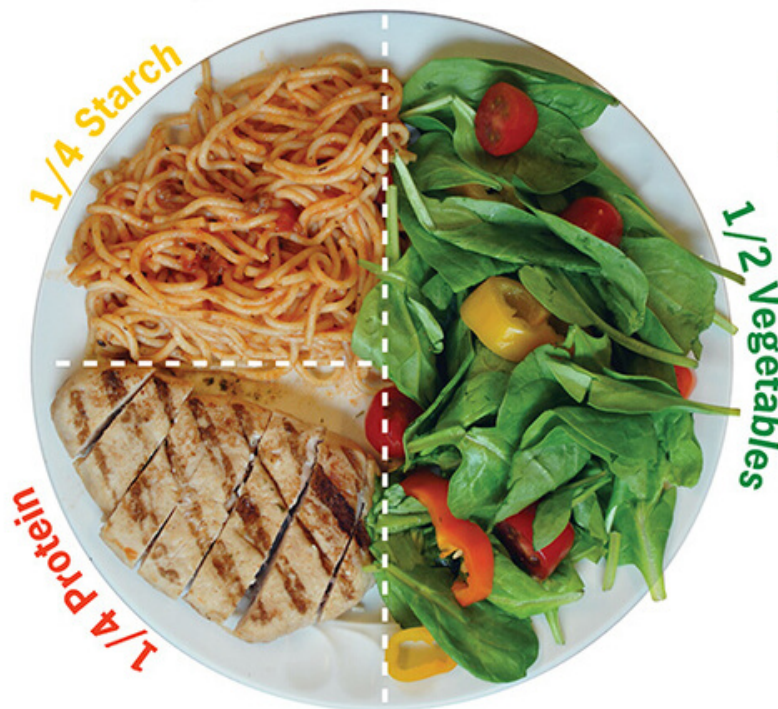


HEALTHY PLATE MODEL-WEEK 5

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 5

EGG SANDWICH INGREDIENTS

- 2 EGGS
- 2 PIECES OF WHOLE WHEAT BREAD
- 1 SLICE OF LOW FAT WHITE CHEESE (MOZZARELLA OR SWISS)
- 1 SLICE OF TOMATO
- HANDFUL OF SPINACH
- 1/4 OF AN AVOCADO

BANANA BREAD CHIA PUDDING INGREDIENTS

- 1 WHOLE BANANA
- TBSP BLACK CHIA SEEDS
- 1/2 TSP CINNAMON
- 3/4 CUP MILK OF YOUR CHOICE (SKIM, SOY)
- CHOPPED WALNUTS (OPTIONAL)

QUINOA TACO SALAD INGREDIENTS

- 1 CUP QUINOA
- 1 CUP SALSA
- 1-15 OZ BLACK BEANS
- 1 AVOCADO
- 2 HANDFUL TORTILLA CHIPS
- CHEESE (OPTIONAL), CILANTRO (OPTIONAL)

TURKEY LETTUCE WRAP INGREDIENTS

- 1 ROMAINE HEART LETTUCE LEAF
- 1-2 SLICES DELI TURKEY
- 1 LOW FAT CHEESE (MOZZARELLA OR SWISS)
- 1 TOMATO
- 1 TSP MAYONNAISE (OPTIONAL)

GROCERY LIST- WEEK 5

INSTANT POT HOME STYLE CHICKEN AND VEGETABLES INGREDIENTS

- 1/2 CUP WATER
- 1 3/4 LBS CHICKEN BREASTS (THAWED BONELESS, SKINLESS)
- 1/2 POUND CARROTS (BABY CARROTS OR WHOLE PEELED CARROTS)
- 1 LB FRESH GREEN BEANS
- 1 1/2 LBS RED POTATOES
- 1 TSP SALT
- 1 TSP CRUSHED ROSEMARY
- 1 TSP GARLIC POWDER
- 1 TSP ONION POWDER
- 1/2 TSP BLACK PEPPER
- 1/2 TSP PAPRIKA
- 2 TSBP OLIVE OIL

LENTIL SOUP INGREDIENTS

- 2 TBSP EXTRA VIRGIN OLIVE OIL
- 1 ONION, CHOPPED
- 2 CLOVES GARLIC, MINCED
- 1 LARGE CARROT
- 2 CELERY RIBS
- 2 CUPS DRIED LENTILS (BROWN OR GREEN), RINSED
- 14 OZ CRUSHED TOMATOES
- 6 CUPS VEGETABLE OR CHICKEN STOCK/BROTH, LOW SODIUM
- 1/2 TSP CUMIN
- 1/2 TSP CORIANDER POWDER
- 1 1/2 TSP PAPRIKA
- 2 DRIED BAY LEAVES
- 1 LEMON (ZEST AND JUICE)
- 1/4 TSP SALT & PEPPER

BREAKFAST RECIPES-WEEK 5

EGG SANDWICH
1 SERVING

PREP TIME: 10 MINUTES
COOK TIME: 7 MINUTES

ACCESSORIES NEEDED
SKILLET/PAN

INGREDIENTS

- 2 EGGS
- 2 PIECES OF WHOLE WHEAT BREAD
- 1 SLICE OF LOW FAT WHITE CHEESE (MOZZARELLA OR SWISS)
- 1 SLICE OF TOMATO
- HANDFUL OF SPINACH
- 1/4 OF AN AVOCADO

NOTES

- SCRAMBLE EGGS ON MEDIUM HEAT
- PLACE EGG ON SANDWICH WITH THE OTHER INGREDIENTS
- COOK ON PAN UNTIL CHEESE IS MELTED AND BREAD IS TOASTED (3-5 MINUTES)
- YOU CAN PAIR SANDWICH WITH FRUIT OF YOUR CHOICE

BREAKFAST RECIPES-WEEK 5

BANANA BREAD CHIA
PUDDING
1 SERVING

PREP TIME: 5 MINUTES
COOK TIME: 10-15
MINUTES OR OVERNIGHT

ACCESSORIES NEEDED:
JAR/CONTAINER WITH A
LID

- INGREDIENTS
- 1 WHOLE BANANA
 - 3 TBSP BLACK CHIA SEEDS
 - 1/2 TSP CINNAMON
 - 3/4 CUP MILK OF YOUR CHOICE (SKIM, SOY)
 - CHOPPED WALNUTS (OPTIONAL)

NOTES

- MASH HALF A BANANA IN A SMALL BOWL
- ADD CHIA, CINNAMON, AND MILK WITH THE BANANA AND STIR TO COMBINE (YOU CAN PLACE THE MIXTURE IN A JAR OR CONTAINER)
- ALLOW THE CHIA TO SIT FOR 10-15 MINUTES, OR OVERNIGHT
- PLACE THE CHIA MIXTURE INTO A JAR AND SLICE THE OTHER HALF OF THE BANANA TO PUT ON TOP OF THE CHIA PUDDING
- CHOP WALNUTS AND ADD TO CHIA PUDDING

LUNCH RECIPES- WEEK 5

QUINOA TACO SALAD
4 SERVINGS

PREP TIME: 5 MINUTES
COOK TIME: 15 MINUTES

ACCESSORIES NEEDED:
MEASURING CUPS, KNIFE,
BOWL, POT

INGREDIENTS

- 1 CUP QUINOA
- 1 CUP SALSA
- 1-15 OZ BLACK BEANS
- 1 AVOCADO
- 2 HANDFUL TORTILLA CHIPS
- CHEESE (OPTIONAL)
- CILANTRO (OPTIONAL)

NOTES

- COOK THE QUINOA ACCORDING TO THE MANUFACTURER'S DIRECTIONS (NORMALLY FOR EVERY CUP OF QUINOA YOU NEED 2 CUPS OF FLUID)
- WHILE THE QUINOA IS COOKING, DRAIN AND RINSE THE BLACK BEANS AND TRANSFER TO A BIG BOWL
- ADD COOKED AND COOLED QUINOA, SALSA, TORTILLA CHIPS TO THE BLACK BEANS. SEASON AS DESIRED, GARNISH WITH AVOCADO, CHEESE (OPTIONAL), AND CILANTRO (OPTIONAL).

LUNCH RECIPES- WEEK 5

TURKEY LETTUCE WRAP
1 SERVING

PREP TIME: 5 MINUTES
TOTAL TIME: 5 MINUTES

ACCESSORIES NEEDED:
KNIFE

INGREDIENTS

- 1 ROMAINE HEART LETTUCE LEAF
- 1-2 SLICES DELI TURKEY (ORGANIC)
- 1 LOW FAT CHEESE (MOZZARELLA OR SWISS)
- 1 TOMATO
- 1 TSP MAYONNAISE (OPTIONAL)

NOTES

- LAY THE ROMAINE LEAF FLAT.
- LAYER TURKEY, CHEESE, TOMATO, AND MAYONNAISE (IF DESIRED).

DINNER RECIPES- WEEK 5

INSTANT POT HOME STYLE
CHICKEN AND VEGETABLES
4 SERVINGS

PREP TIME: 15 MINUTES
COOKE TIME: 10 MINUTES

ACCESSORIES NEEDED:
INSTANT POT, CUTTING
BOARD, KNIFE,
MEASURING SPOONS

INGREDIENTS

- 1/2 CUP WATER
- 1 3/4 LBS CHICKEN BREASTS (THAWED BONELESS, SKINLESS)
- 1/2 POUND CARROTS (BABY CARROTS OR WHOLE PEELED CARROTS)
- 1 LB FRESH GREEN BEANS
- 1 1/2 LBS RED POTATOES
- 1 TSP SALT
- 1 TSP CRUSHED ROSEMARY
- 1 TSP GARLIC POWDER
- 1 TSP ONION POWDER
- 1/2 TSP BLACK PEPPER
- 1/2 TSP PAPRIKA
- 2 TSBP OLIVE OIL

NOTES

- ADD WATER TO INSTANT POT
- PREPARE CHICKEN BY CUTTING OFF EXCESS FAT AND THEN CUT THE CHICKEN INTO BITE SIZE PIECES. ADD THE CHICKEN TO POT.
- PREPARE VEGETABLES. PEEL CARROTS, IF NEEDED. WASH GREEN BEANS, IF FRESH. WASH POTATOES AND CUT IN HALF (FOR FIRMER) OR IN QUARTERS (FOR SOFTER). ADD ALL THE VEGETABLES TO POT.
- COVER THE POT AND SECURE THE LID. SET VALVE FOR SEALING. SET THE MANUAL/PRESSURE COOK TIME TO 5 MINUTES. WHEN THE POT BEEPS INDICATING THAT THE TIME IS UP, LET THE POT SIT THERE FOR 5-10 MINUTES AND THEN PERFORM A QUICK RELEASE BY MOVING THE VALVE TO VENTING.
- OPEN THE POT AND TAKE OUT THE CHICKEN AND VEGETABLES ONTO SERVING PLATES. ENJOY!

DINNER RECIPES- WEEK 5

LENTIL SOUP
6 SERVINGS

PREP TIME: 10 MINUTES
COOK TIME: 45 MINUTES

ACCESSORIES NEEDED:
STOVE TOP POT

INGREDIENTS

- 2 TBSP EXTRA VIRGIN OLIVE OIL
- 1 ONION, CHOPPED
- 2 CLOVES GARLIC, MINCED
- 1 LARGE CARROT
- 2 CELERY RIBS
- 2 CUPS DRIED LENTILS (BROWN OR GREEN), RINSED
- 14 OZ CRUSHED TOMATOES
- 6 CUPS VEGETABLE OR CHICKEN STOCK/BROTH, LOW SODIUM
- 1/2 TSP CUMIN
- 1/2 TSP CORIANDER POWDER
- 1 1/2 TSP PAPRIKA
- 2 DRIED BAY LEAVES
- 1 LEMON (ZEST AND JUICE)
- 1/4 TSP SALT & PEPPER

NOTES

- HEAT OIL IN LARGE POT OVER MEDIUM HEAT. ADD GARLIC AND ONION, COOK FOR 2 MINUTES.
- ADD CELERY AND CARROT. COOK FOR 7-10 MINUTES OR UNTIL SOFTENED.
- ADD ALL THE REMAINING INGREDIENTS EXCEPT LEMON AND SALT. STIR.
- INCREASE HEAT AND BRING TO SIMMER. SCOOP SCUM ON THE SURFACE OFF AND DISCARD. PLACE LID AND TURN HEAT DOWN TO MEDIUM LOW. SIMMER FOR 35-40 MINUTES OR UNTIL LENTILS ARE SOFT.