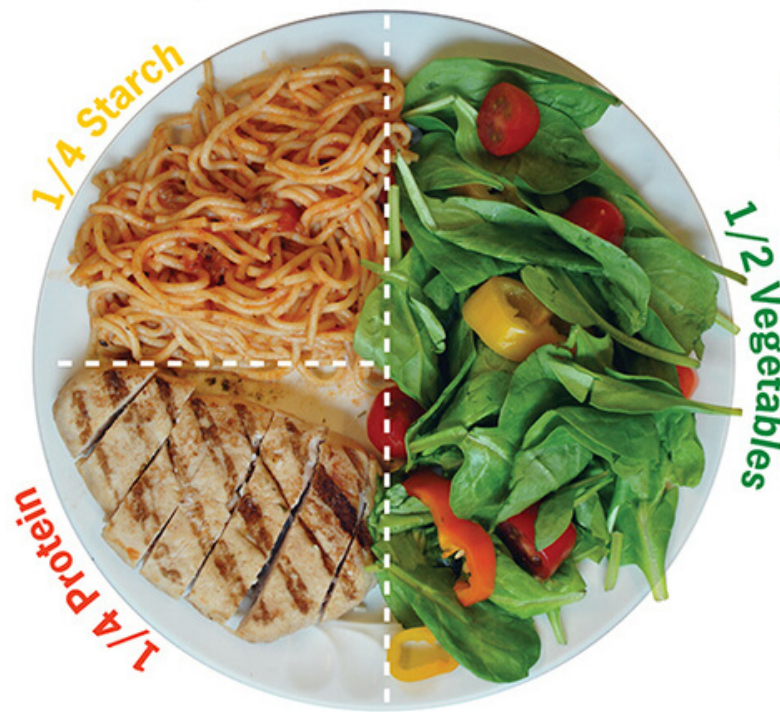


HEALTHY PLATE MODEL-WEEK 6

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.



GROCERY LIST- WEEK 6

GREEK YOGURT WITH GRANOLA AND/OR NUTS AND SEEDS

INGREDIENTS

- 1 (5.3 OZ) GREEK YOGURT
- GRANOLA (OPTIONAL)
- 1/4 CUP NUTS AND SEEDS (OPTIONAL)

EGG SALAD AVOCADO TOAST INGREDIENTS

- 1/4 AVOCADO
- 1 CHOPPED, HARD BOILED EGG
- 1 SLICE WHOLE WHEAT TOAST
- 1 TBSP CELERY
- 1/2 TSP LEMON JUICE
- 1/2 TSP HOT SAUCE
- PINCH OF SALT
- CAN ADD FRUIT OF YOUR CHOICE ON THE SIDE

AVOCADO TURKEY HUMMUS WRAP INGREDIENTS

- 1 WHOLE WHEAT TORTILLA OR WRAP
- 2 TBSP HUMMUS
- 2 OZ TURKEY BREAST
- 1 SLICE OF MUENSTER OR WHITE CHEESE OF YOUR CHOICE
- 1/4 CUCUMBER, THINLY SLICED
- 1 ROMA TOMATO, THINLY SLICED
- 1/3 AVOCADO, THINLY SLICED

TARRAGON CHICKEN SALAD SANDWICH INGREDIENTS

- 2 CUPS SHREDDED SKINLESS, BONELESS CHICKEN BREAST
- 1/2 CUP CANOLA MAYONNAISE
- 1/3 CUP FINELY CHOPPED CELERY
- 1/4 CUP GREEK YOGURT
- 3 TBSP CHOPPED FRESH TARRAGON
- 2 TBSP LEMON JUICE
- 1/2 TSP FRESHLY GROUND BLACK PEPPER
- 4 LARGE GREEN LEAF LETTUCE LEAVES
- 8 SLICES OF WHOLE WHEAT BREAD
- 8 SLICES TOMATO

GROCERY LIST- WEEK 6

AVOCADO CAPRESE CHICKEN SALAD INGREDIENTS

- 1 BONELESS SKINLESS CHICKEN BREAST
- SALT AND PEPPER TO SEASON CHICKEN AS NEEDED
- 1/2 CUP OF HALVED FRESH MOZZARELLA BALLS
- 1 AVOCADO, DICED
- 6 CUPS OF FRESH SPRING MIX SALAD
- 1/2 CUP OF HALVED CHERRY TOMATOES
- 1/4 CUP OF FRESH DICED BASIL

CHICKEN AND RICE INGREDIENTS

- 1 TBSP EXTRA VIRGIN OLIVE OIL
- 1/2 YELLOW ONION, CHOPPED
- 2 CLOVES GARLIC, MINCED
- 1 TSP DRIED OREGANO
- 1 TSP SMOKED PAPRIKA
- 1 CUP BROWN RICE
- SALT, TO TASTE
- PEPPER, TO TASTE
- 1 1/4 CUP LOW SODIUM CHICKEN BROTH OR WATER
- 2 MEDIUM CARROTS, DICED
- 1 RED BELL PEPPER, CHOPPED
- 3 BONELESS SKINLESS CHICKEN BREASTS
- OPTIONAL: FRESHLY CHOPPED PARSLEY (GARNISH).

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 6

GREEK YOGURT WITH
TOPPINGS
1 SERVING

PREP TIME:
AROUND 5 MINUTES

ACCESSORIES NEEDED:
NONE

INGREDIENTS

- 1 CONTAINER (5.3 OZ)
GREEK YOGURT
- GRANOLA (OPTIONAL)
- 1/4 CUP NUTS AND
SEEDS (OPTIONAL)

NOTES

- GREEK YOGURT BRANDS -
(OIKOS TRIPLE ZERO,
SIGGI'S, FAGE).
- MAKE SURE NUTS AND
SEEDS ARE UNSALTED OR
LIGHTLY SALTED.
- WHEN CHOOSING
GRANOLA, WATCH OUT
FOR A HIGH AMOUNT OF
SUGAR.

BREAKFAST RECIPES-WEEK 6

EGG SALAD AVOCADO
TOAST
1 SERVING

PREP TIME:
5 MINUTES

ACCESSORIES NEEDED
SPOON, BOWL, AND
KNIFE

INGREDIENTS

- 1/4 AVOCADO
- 1 CHOPPED, HARD BOILED EGG
- 1 SLICE WHOLE WHEAT TOAST
- 1 TBSP CELERY
- 1/2 TSP LEMON JUICE
- 1/2 TSP HOT SAUCE
- PINCH OF SALT
- CAN ADD FRUIT OF YOUR CHOICE ON THE SIDE

NOTES

- MASH AVOCADO WITH CELERY, LEMON JUICE, HOT SAUCE AND SALT IN A SMALL BOWL. MIX IN HARD-BOILED EGG. SPREAD ON TOAST.

LUNCH RECIPES- WEEK 6

AVOCADO TURKEY
HUMMUS WRAP
1 SERVING

PREP TIME
5 MINUTES

ACCESSORIES NEEDED:
CUTTING KNIFE, CUTTING
BOARD, UTENSILS, PLATE

INGREDIENTS

- 1 WHOLE WHEAT TORTILLA OR WRAP
- 2 TBSP HUMMUS
- 2 OZ TURKEY BREAST
- 1 SLICE OF MUENSTER OR WHITE CHEESE OF YOUR CHOICE
- 1/4 CUCUMBER, THINLY SLICED
- 1 ROMA TOMATO, THINLY SLICED
- 1/3 AVOCADO, THINLY SLICED

NOTES

- TO ASSEMBLE THE WRAP, LAY THE WHOLE WHEAT TORTILLA WRAP ON A FLAT, CLEAN SURFACE.
- GENTLY SPREAD HUMMUS AROUND THE WRAP, LEAVING 1/2 INCH AROUND THE EDGE ALL AROUND.
- ADD A COUPLE OF SLICES OF THE CUCUMBER IN THE CENTER OF THE WRAP, FOLLOWED BY A SLICE OF CHEESE, TURKEY BREAST, TOMATO SLICES, AND AVOCADO.
- CAREFULLY ROLL THE WRAP LIKE A BURRITO, TAKING CARE TO MAKE IT AS TIGHT AS POSSIBLE.
- CUT THE WRAP IN HALF, IF DESIRED.

LUNCH RECIPES- WEEK 6

TARRAGON CHICKEN
SALAD SANDWICH
4 SERVINGS

PREP TIME: 10 MINUTES
SERVES: 4 SANDWICHES

ACCESSORIES NEEDED:
CUTTING KNIFE, CUTTING
BOARD, UTENSILS, BOWL,
PLATE

INGREDIENTS

- 2 CUPS SHREDDED SKINLESS, BONELESS CHICKEN BREAST
- 1/2 CUP CANOLA MAYONNAISE
- 1/3 CUP FINELY CHOPPED CELERY
- 1/4 CUP GREEK YOGURT
- 3 TBSP CHOPPED FRESH TARRAGON
- 2 TBSP LEMON JUICE
- 1/2 TSP FRESHLY GROUND BLACK PEPPER
- 4 LARGE GREEN LEAF LETTUCE LEAVES
- 8 SLICES OF WHOLE WHEAT BREAD
- 8 SLICES TOMATO

NOTES

- COMBINE FIRST 7 INGREDIENTS IN A LARGE BOWL, STIR WELL.
- DIVIDE LETTUCE AMONG 4 BREAD SLICES. TOP EVENLY WITH CHICKEN MIXTURE, TOMATOES, AND REMAINING BREAD.

DINNER RECIPES- WEEK 6

AVOCADO CAPRESE
CHICKEN SALAD
4 SERVINGS

PREP TIME: 3 MINUTES
COOK TIME: 12 MINUTES

ACCESSORIES NEEDED:
GRILL, BOWL, CUTTING
BOARD, CUTTING KNIFE,
UTENSILS

INGREDIENTS

- 1 BONELESS SKINLESS CHICKEN BREAST
- SALT AND PEPPER TO SEASON CHICKEN AS NEEDED
- 1/2 CUP OF HALVED FRESH MOZZARELLA BALLS
- 1 AVOCADO, DICED
- 6 CUPS OF FRESH SPRING MIX SALAD
- 1/2 CUP OF HALVED CHERRY TOMATOES
- 1/4 CUP OF FRESH DICED BASIL

NOTES

- HEAT GRILL TO MEDIUM HIGH HEAT, ADD SEASONED CHICKEN BREAST TO GRILL AND COOK FOR 5-6 MINUTES PER SIDE UNTIL THERE IS NO MORE PINK.
- IN A LARGE BOWL ADD SPRING MIX, AVOCADO, CHERRY TOMATOES, FRESH BASIL, FRESH MOZZARELLA BALLS, AND SLICED GRILLED CHICKEN.
- SERVE WITH BALSAMIC VINAIGRETTE.

DINNER RECIPES- WEEK 6

CHICKEN AND RICE
6 SERVINGS

PREP TIME: 5 MINUTES
COOK TIME: 45 MINUTES

ACCESSORIES NEEDED:
INSTANT POT, CUTTING
BOARD, CUTTING KNIFE

INGREDIENTS

- 1 TBSP EXTRA VIRGIN OLIVE OIL
- 1/2 YELLOW ONION, CHOPPED
- 2 CLOVES GARLIC, MINCED
- 1 TSP DRIED OREGANO
- 1 TSP SMOKED PAPRIKA
- 1 CUP BROWN RICE
- SALT, TO TASTE
- PEPPER, TO TASTE
- 1 1/4 CUP LOW SODIUM CHICKEN BROTH OR WATER
- 2 MEDIUM CARROTS, DICED
- 1 RED BELL PEPPER, CHOPPED
- 3 BONELESS SKINLESS CHICKEN BREASTS
- OPTIONAL: FRESHLY CHOPPED PARSLEY (GARNISH)

NOTES

- PREHEAT INSTANT POT BY SETTING TO "SAUTE". ADD OIL AND COOK ONION UNTIL SOFTENED, 3-4 MINUTES. ADD GARLIC, OREGANO, AND PAPRIKA AND COOK UNTIL FRAGRANT, 1 MINUTE.
- STIR IN RICE AND BROTH AND SEASON WITH SALT AND PEPPER. ADD CARROTS, BELL PEPPER, AND CHICKEN AND SEASON AS DESIRED.
- CLOSE LID, CHANGE SETTING TO MANUAL OR "PRESSURE COOK" AND SET FOR 8 MINUTES ON HIGH. WHEN 8 MINUTES IS UP, LET POT DECOMPRESS NATURALLY FOR 10 MINUTES, THEN RELEASE PRESSURE, REMOVE LID, AND SHRED CHICKEN. TOP WITH PARSLEY BEFORE SERVING.