

NOURISHING YOUR BODY

Below are just a few examples to give you some ideas on putting together healthy meals.

BREAKFAST IDEAS

Start each day with some protein and carbs. When you eat breakfast, digestion starts revving your metabolism for the day. Protein gives your body a metabolic boost.

- 1) 1 Slice Ezekiel toast with 1 Tbsp natural peanut or almond butter with 1 small banana or apple.
- 2) 1 packet plain oatmeal or ½ cup uncooked oats made with water and almond milk (if desired). Add 1 Tbsp natural peanut butter and banana or berries, 1 teaspoon flax or chia seeds.
- 3) 1 hardboiled egg sliced, ¼ avocado sliced or mashed on 1 slice Ezekiel toast with ½ grapefruit or other fruit.

[CLICK HERE](#) to get more breakfast recipes in my free guide full of Healthy Breakfast Ideas.

LUNCH IDEAS

- 1) 4-6oz chicken, turkey, tuna (or any protein) in a make your own salad. Add any cut vegetables (think red, yellow, green) with 2 Tbsp olive oil and balsamic on the side and 1 serving of fruit.
- 2) Turkey Sandwich on Ezekiel bread with 3-4 slices fresh roasted turkey with 1 slice low fat cheese, OR sliced avocado, with mustard, lettuce and tomato. Add a small side salad with 2 Tbsp balsamic and oil or 1 serving fruit.
- 3) Hummus and veggie lettuce wraps: ½ cup plain hummus, ½ cup chopped tomatoes, ¼ cup chopped green onion, ½ small cucumber (sliced), 2 tbsp of parsley, 4 large lettuce leaves, 1 whole grain pita or 2 slices Ezekiel bread or tortilla. Choose 1 fruit.
- 4) Dr. Praeger Veggie Bean burger on Ezekiel or 100% whole wheat English or Ezekiel muffin with lettuce, tomato, mashed avocado (as spread) and/or little ketchup or mustard. Add a small mixed green salad on side with 2 Tbsp olive oil and vinegar.

NOURISHING YOUR BODY

DINNER IDEAS

1) 1.5 cups cooked whole wheat pasta or brown rice pasta with 4 oz chicken, broccoli or spinach. Small side salad with 2 Tbsp balsamic and olive oil.

2) Turkey Chili: 6oz ground turkey or chicken, 1 cup canned plum tomatoes, chili seasoning, ½ cup black beans, ½ cup barley or ⅓ cup brown rice, mixed green salad with 2 Tbsp balsamic and oil.

3) 4-6 oz salmon with 2 cups spinach salad, add mushroom, tomato and balsamic vinaigrette, with ½ baked sweet potato. Brush salmon w/ little teriyaki or hoisin sauce.

(Men can add an additional 2-4oz of protein and another serving of carbohydrate)