

# Suggestions for Meals & Snacks

## Breakfast basics

Choose foods high in protein and nutrient-dense carbohydrates, such as whole grains, low-fat dairy and whole fruit. This could include re-heating leftovers.

## Adding more vegetables

- Add an extra cup of chopped veggies into your favorite omelet, soup, casserole, or whole grain pasta or brown rice dish.
- Add slices of cucumber, peppers, or onions to a sandwich.
- Add veggies as a filling in a burrito or quesadilla. Top a pizza with veggies.
- Shred carrots, zucchini, or an apple into muffins or other baked goods.
- Use fruits and vegetables, such as unsweetened apple sauce or avocado to replace some of the saturated fat and sugar in a recipe.
- Blend greens into a smoothie.
- Grill vegetable kabobs, such as tomatoes, green peppers, and mushrooms.

## Adding more fruits

- Fruit makes a great to-go snack. Pack a banana, apple or grapes, or any kind of dried fruit.
- Add crushed pineapple to coleslaw.
- Add fruit to your salad, such as dried cranberries, raisins, or chopped apple.
- Make fruit the center of dessert, such as cut-up or whole berries, chunks of citrus fruit, or sliced bananas.

## Meal ideas

Focus on entrees with less meat, more vegetables and more whole grains.

- Pasta or rice with lean ground turkey or garbanzo beans, variety of chopped veggies and tomato sauce.
- Large salad with greens, chopped vegetables, lean meat or seafood, and legumes (e.g. garbanzo or kidney). Top with an oil and vinegar dressing.
- Stir-fry with 3-4 kinds of sliced vegetables, chicken breast or extra firm tofu, and brown rice or whole grain couscous. Season with garlic, ginger and low-sodium soy sauce.
- Soup with beans or lentils, chopped vegetables, and instant barley.



## Snack ideas

- Peanut butter + apple slices, celery sticks, or whole grain crackers
- Hummus + sliced veggies (carrots, cucumber, string beans)
- String cheese and whole grain crackers or fruit
- Homemade granola bars
- Homemade trail mix with whole grain cereal, seeds, nuts and dried fruit
- Plain yogurt with sliced fruit or berries
- Whole grain cereal with low-fat milk
- Homemade smoothie with whole fruit and plain yogurt