

## Healthy Meal Ideas

### **Breakfast Ideas (30-45 gram carb per meal)**

- 1 slice whole-wheat toast with 1 tsp butter or sugar-free jelly, 100-calorie Greek yogurt, 1 cup berries (45 grams carb)
- 100-calorie Greek yogurt, 1 cup berries, 2 tbsp almonds (30 grams carb)
- Smoothie – 2 handfuls spinach, 1/2 banana, 1 cup frozen berries, ½ cup milk (36 grams carb)
- 1 hard boiled or cooked egg + 1 whole-wheat English muffin + 1 cup melon/fresh fruit (45 grams carb)
- 1 whole-wheat waffle + 2 tsp sugar-free jelly or syrup + 1 small apple with 2 teaspoons peanut butter (30 grams carb)
- Egg omelet with spinach and veggies, 1 slice whole-wheat toast, 1 cup fresh fruit (30 grams carb)
- Egg sandwich on Healthy Life Bread (2 slices wheat bread), 1 piece small fruit (30 grams carb)

### **Lunch (30-45 gram carb per meal)**

- Tuna or Chicken Salad + 2 tbsp light mayo OR ¼ avocado + celery + 10 whole-wheat crackers (triscuits), 1 cup fresh fruit (35 grams carb)
- LaTortilla Factory or Flat Out Wraps (low-carb wraps) + 3 ounces turkey or + ¼ avocado + lettuce and tomato + 1 apple (or 1 fruit) (35 grams carb)
- Green Salad with protein (3 ounces chicken, tuna or turkey) + 2 tbsp pecan/nuts + 1-2 tbsp salad dressing + 5 triscuits and 1 small piece fruit (30 grams carb)
- Healthy Lurchable – 5 whole-wheat crackers + 1 slice reduced-fat cheese + 3 ounces turkey + 1 tbsp almonds + 1 cup grapes/berries + cucumber and celery sticks with 2 tbsp hummus (40 grams carb)
- Turkey Burger on Healthy Life Bun + side salad with 2 tbsp dressing + 100-calorie Greek yogurt (35 grams carb)

**Dinners (30-45 gram carb per meal)**

- Roasted pork tenderloin + 2/3 cup quinoa + 1 cup green beans + side salad with 1-2 tbsp dressing (30 grams carb)
- Grilled chicken breast +1 medium sweet potato +1 tsp butter + 1 cup roasted Brussel sprouts (30 grams carb)
- Chicken or veal marsala + small side pasta (1 cup) + Large side salad with 1-2 tbsp dressing (45 grams carb)
- Baked salmon, 2/3 cup quinoa + 1 cup roasted or steamed broccoli (30 grams carb)
- 1½ cups turkey chili + large side salad + 1 tbsp salad dressing + 1 cup fruit salad (45 grams carb)

\*Protein sources ie) chicken, pork, turkey are 3-4 ounces per serving