



# the nutrition school

## Webinar 10 Tool:

### Sample Meal Plan

#### **A Nutritious Life Philosophy**

**Food Timing** - Increase your metabolism through proper food timing! Start your day with breakfast (this is a MUST) and eat consistently throughout the day. We are looking for you to do a great job getting in breakfast every day; we need to focus on planned, balanced snacks. Eating consistent meals and snacks is essential for keeping hunger level managed and keeping your blood sugar stabilized.

**Hunger Quotient (HQ)** - This goes hand in hand with food timing. Listen to your body and understand when you are hungry and satisfied. The scale is 1-10 (1= stuffed & 10= famished). Aim to be between a 6 and 4 at the beginning and end of your meal/snack. A 6 is "slightly hungry" and 4 is "slightly satisfied." When you skip meals and snacks during the day, you throw off your HQ and end up making poor food choices and overeating.

**Portions and Proportions** - Even healthy foods need to be portioned. Listen to your HQ and follow your meal plan/portion guide. We will focus on which portions you should pay most attention to. This will be KEY! It is also important to eat a balance (the right proportion) of lean proteins, high fiber carbohydrates and healthy fats. Remember, a portion is the amount of food and proportion is the amount of nutrients (carbs, fats and protein) in that food. Eating this way will help to keep your HQ in check all day and also help to stabilize your blood sugar and help with control cravings.

**Nutrient Density** - Empower yourself to choose the healthiest foods for your body. Your goal is to get the most nutrients you can from a single food. For example, an afternoon snack of nuts is a great and healthful choice, but is easy to overdo it with nuts, and you'll be missing an opportunity to get some produce in. A great nutrient-dense snack is a Granny Smith apple and only 10-12 almonds. This snack is loaded with nutrients including fiber, heart-healthy fat, vitamins and minerals and will help to keep you satisfied until your next meal. This is also an easy on the go snack!

Name of Your Practice: Name of your Client

Date:

Meal	Starch	Fruit	Vegetable	Milk or Milk Alternative	Lean Protein	Fat
Breakfast	X	X		X	X	X
Snack			X			X
Lunch			X		X	X
Snack			X		X	X
Dinner			X X		X	X

X = Either / Or

Example:

Meal	Starch	Fruit	Vegetable	Milk or Milk Alternative	Lean Protein	Fat
Breakfast	1 slice whole grain toast	1 peach		6 oz 2% Greek Yogurt		¼ avocado (on toast)

<b>Snack</b>			Carrots			2 Tbsp hum mus
<b>Lunch</b>			Spinach, Cucumbers, Tomatoes, Bell Pepper		4 oz grilled chicken	1 Tbsp oil & vine gar
<b>Snack</b>			Lettuce		3 turkey slices (wrapped with lettuce)	
<b>Dinner</b>			Roasted Cauliflower & crudite of jicama, celery, radish, cucumber		5 ounces grilled salmon	1 tsp olive oil

<b>Meal</b>	<b>Starch</b>	<b>Fruit</b>	<b>Vegetable</b>	<b>Milk or Milk Alternative</b>	<b>Lean Protein</b>	<b>Fat</b>
<b>Breakfast</b>						
<b>Snack</b>						

<b>Lunch</b>						
<b>Snack</b>						
<b>Dinner</b>						

X = Either / Or

**Breakfast:** include a cup of coffee or tea as your client likes, with the goal of removing all artificial sweeteners and sugar.

- 1 starch
- 1 fruit serving (if client is not a big breakfast person, saving the fruit for the pm snack is good option too)
- 1 milk or milk substitute
- 1 lean protein or fat

1. 1 slice ezeziel bread, toasted  
 Small pear, sliced  
 ¼ avocado (on toast)  
 Tomato slice (on toast)  
 Salt and pepper to taste  
 Medium latte prepared with 2% organic milk
2. ⅓ cup cooked brown rice (mixed into yogurt)  
 2 dried apricots, chopped (mixed into yogurt)  
 6 ounces low fat Greek yogurt (plain) with a drizzle of honey or agave\*  
 10 walnuts OR 1 tablespoon pumpkin seeds (sprinkled on top of yogurt)
3. ½ cup cooked oatmeal  
 1 cup low fat milk/almond milk/rice milk/hemp milk (to prep oats)  
 2 teaspoon natural peanut butter (mixed into oats)  
 1 small banana, sliced (sprinkled on top of oats)

4. 2 to 4 high fiber crackers  
6 ounces low fat ricotta cheese (with a sprinkle of cinnamon)  
1 tablespoon chia seeds or flax meal
5. Smoothie prepared with 1 cup frozen berries, 1 small banana\*\*, 8 ounces milk or almond milk, 2 teaspoon nut butter OR 1 tablespoon flax meal

#### **AM snack choices:**

- **Vegetables and healthy fat**
  - Cucumbers and red peppers with 2 tablespoon hummus
  - Sliced red peppers with 10 almonds
  - Grape tomatoes with 1 ounce feta cheese
  - Celery with 2 teaspoon almond butter or peanut butter
  - Carrot sticks and 1 tablespoon pumpkin seeds
  - 1 cup green juice with 10 almonds
  - Sugar snap peas with 12 large olives
  - 1 cup jicama sticks and 2 teaspoon Green Goddess dressing

#### **Lunch:**

- **At least 1 vegetable serving, but go for 2!**
- **1 lean protein (4 - 6 ounces starting point for a meal; 2 - 3 ounces for a snack)**
- **1 fat**

1. Spinach salad with tomatoes, cucumbers, peppers, artichokes  
5 ounces tuna packed in water  
1 tablespoon gorgonzola or feta cheese  
Dress with balsamic vinegar and lemon
2. Crudités (such as: peppers, celery, tomatoes, jicama, carrots)  
1 cup lentil or black bean soup (such as Amy's organic)  
1 ounce cheddar cheese
3. 1 cup vegetable soup or sliced raw veggies  
Roll-ups: 2 romaine leaves wrapped around 4 slices turkey breast, tomato and cucumber slices (¼ pound high quality turkey from the deli, such as Applegate Farms)  
¼ avocado or 1 tablespoon hummus

4. Green salad
  - 4 - 6 slices sashimi of your choice
  - Miso soup or seaweed salad
  - 1 tablespoon miso ginger dressing on salad
  
5. Frittata or omelet prepared with 2 eggs, spinach, peppers, onions and mushrooms
  - 1 tablespoon feta cheese

**PM snack choices:**

**Vegetables and lean protein or fat (often clients have fruit here with the protein or fat as an “extra” fruit or instead of having at breakfast and then choose to skip the veggies)**

- Snap peas with 1 hard boiled egg
- Carrots with 10 almonds
- Seaweed salad with 3 ounces tofu
- Celery sticks and 2 teaspoon peanut butter
- Endive leaves and ½ cup three bean salad
- Caprese salad of tomatoes, 1 ounce (¼ inch slice) mozzarella and basil (dress with vinegar)
- Green salad with 3 ounces tuna and balsamic vinegar
- 1 cup greens juice with 10 cashews
- Green apple with 2 teaspoon natural peanut butter
- 1 cup blueberries and 3 ounces turkey slices

**Dinner**

- **1 lean protein**
- **2 vegetable servings**
- **1 starch**
- **1 fat**

1. Egg with quinoa and kale
  - 2 eggs prepared as you like with 1 teaspoon olive oil
  - Steamed or roasted kale with 1 teaspoon olive oil
  - ½ cup quinoa, cooked
  - Mixed green salad with balsamic vinegar
  
2. 4 ounces Turkey, lean beef or veggie burger
  - Lettuce, tomato and onion
  - Roasted asparagus
  - Baked sweet potato with a smear of butter, instead of bun

3. 2 large turkey meatballs (golf ball size) or 4 ounces ground turkey, beef or chicken  
Steamed broccoli  
Mixed veggie salad with balsamic vinegar  
½ cup whole wheat pasta  
2 teaspoon of olive oil
  
4. 4 ounces Baked or grilled wild salmon with garlic, thyme and rosemary  
Bed of spinach  
Roasted green beans  
½ cup bulgur, teff or spelt  
2 teaspoon olive oil and squeeze of lemon
  
5. 4 ounces Broiled grass fed beef fillet or tenderloin  
Roasted Brussels sprouts  
Kale salad with 1 tablespoon shredded parmesan cheese and balsamic vinegar  
Small baked potato or ¾ cup roasted winter squash

**Dinner alternatives:**

- Dr. Praeger's veggie burger & bag of frozen veggies
- 1 cup Amy's Black Bean soup with 2 GG crackers & 3 tablespoon grated parmesan cheese
- Freebird Grilled Chicken Strips

**Snack Alternatives:**

**“Sweet” snacks:**

- Green apple with 2 teaspoon almond butter and a sprinkle of cinnamon
- Lara Bar or Kind Bar
- Trail mix: 1 tablespoon cashews, 1 tablespoon pumpkin seeds, 2 dried apricots
- 6 ounces low-fat Greek Yogurt, ½ cup raspberries, 1 teaspoon honey

**“Salty” snacks:**

- 1 cup edamame in pods, sprinkled with sea salt
- Raw and unsalted double portion of nuts
- Annie Chun's seaweed snacks & 2 pieces SnackMaster Turkey Jerky
- 2 Fiber Rich crackers spread with 2 tablespoon guacomole
- 3 cups air popped popcorn (unsalted) with 1 tablespoon Parmesan cheese (or 100 calorie snack bag of Skinny Pop popcorn)
- 2 GG crackers with thin spread hummus, sliced tomato and cucumber slices

## Seamless Substitution Chart

	<b>Nutritious Life Approved Meal</b>
<b>Japanese</b>	6 slices sashimi such as tuna, yellowtail or salmon Green salad with dressing on the side or seaweed salad Edamame
<b>Italian</b>	House salad with shaved parmesan (dress with balsamic vinegar) or 1 cup minestrone soup Grilled fish with broccolini OR chicken paillard with tomatoes and arugula OR Grilled mixed seafood
<b>Mexican</b>	Shrimp fajitas (no flour tortillas): shrimp, onions & peppers 1 tablespoon guacamole OR cheese OR Taco salad with black beans, no shell
<b>American</b>	Turkey burger-no bun; side steamed veggies; salad with 1 tablespoon vinaigrette OR 2 egg omelet with veggies and green salad with 1 tablespoon vinaigrette
<b>Thai</b>	Papaya salad or Tom Yum soup Steamed shrimp with vegetables with 2 tablespoons curry sauce on side OR chicken satay with 1 tablespoon sauce



## **RECIPES**

### **Green Goddess Recipe**

**Time: 10 minutes**

**Serves: Approximately 16 Tablespoon servings**

#### INGREDIENTS

- 1 cup (packed) watercress leaves
- ¾ cup (or more) plain low-fat Greek yogurt
- ⅓ cup low fat sour cream
- 2 tablespoons (packed) chopped fresh dill
- 2 tablespoons (packed) chopped fresh basil
- 2 tablespoons chopped green onion
- 1 tablespoon (packed) chopped fresh mint
- 1 teaspoon red wine vinegar
- ¼ teaspoon hot pepper sauce

#### **DIRECTIONS**

Blanch watercress in medium saucepan with boiling water 30 seconds. Drain. Pat watercress dry with paper towels. Transfer watercress to blender. Add all remaining ingredients and puree until smooth, thinning with more yogurt or water, if desired. Transfer dressing to bowl. Season dressing to taste with salt and pepper. (Can be prepared 3 days ahead. Cover and refrigerate.)