



BREAKFAST

CHOCOLATE QUINOA PORRIDGE

Ingredients:

- 1 cup uncooked white quinoa
- 1 cup unsweetened almond milk
- 1 cup coconut milk
- ¼ tsp. salt
- 2 Tbsp. or as needed unsweetened cocoa powder
- 2 Tbsp. or as needed maple syrup
- ½ tsp. pure vanilla extract
- 2 oz. dark chocolate

Method:

Heat a small saucepan over medium heat. Once hot, add rinsed, drained quinoa and toast for 3 minutes, stirring frequently, to dry up the water and slightly toast. Add almond milk, coconut milk, and salt, then stir. Bring to a boil over high heat. Reduce heat to low and cook for 20-25 minutes, uncovered, stirring occasionally. Remove from heat, add cocoa powder, maple syrup, and vanilla and dark chocolate (both optional). Stir, taste and adjust flavor as preferred.

Servings	4
Portion Size	4 oz.
Calories	236
Fat	6.7g
Carbs	40.9g
Protein	7.5g
Fiber	4g

LEMON GINGER PANCAKES WITH LEMON GINGER CREAM

Ingredients:

- 1 ½ cup tap water
- 11 ½ oz. gluten free pancake mix
- ¾ tsp. ground ginger

- ¾ tsp. lemon juice
- ¼ tsp. lemon zest
- 1 Tbsp. canola oil
- ¾ tsp. ground ginger
- 3 Tbsp. granulated sugar
- ⅔ cup whipping cream
- 1 Tbsp. of fresh lemon juice to taste

Method:

In a mixing bowl, whisk the water, pancake mix, ginger, lemon juice, lemon zest, and oil. Pour 2 oz. of batter on a greased griddle set at 375. Grill for 1-1/2 to 2 minutes on each side until golden brown. To make lemon ginger cream, combine ground ginger, granulated sugar, whipping cream and lemon juice in a mixing bowl. Whip to soft peaks. Maple syrup optional.

Servings	6
Portion Size	2 pancakes
Calories	560
Fat	15g
Carbs	101g
Protein	6g
Fiber	2g

OVERNIGHT BERRY CHIA PUDDING

Ingredients:

- 4 Tbsp. sliced almonds, toasted
- 8 Tbsp. chia seeds
- 1 quart almond milk, unsweetened
- 2 Tbsp. honey
- 4 Tbsp. quick oats
- 1- ¼ tsp. cinnamon
- 2 cups fresh blueberries

Method:

Combine almonds, chia seeds, almond milk, honey, quick oats, cinnamon & blueberries, mix thoroughly, and place in the refrigerator for at least 6 hours (overnight for best results). Place each portion in container with lid for “on the go.”

Servings	4
Portion Size	1
Calories	300
Fat	15g
Carbs	37g
Protein	14g
Fiber	8g

PUMPKIN SPICE OATMEAL

Ingredients:

- One 15 oz. can pure pumpkin puree
- 2 cups milk or your own preference, plus more for serving
- ¼ cup light brown sugar (packed), plus more for sprinkling
- 1 tsp. pumpkin pie spice
- 1 tsp. pure vanilla extract
- Pinch kosher salt
- 2 cups old-fashioned rolled oats

Garnish:

- ½ cup dried cranberries or raisins
- ½ cup pumpkin seeds

Method:

Whisk the pumpkin puree, milk, 2 cups of water, brown sugar, pumpkin spice, vanilla and a large pinch of salt together in a medium saucepan. Bring to a simmer over medium heat, then add the oats and reduce the heat to medium-low. Gently simmer, stirring frequently, until the oats are tender and the oatmeal is the consistency you like, 10-15 minutes (15 minutes for very thick oatmeal).

Servings	6
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SPINACH, POTATO & FETA FRITTATA

Ingredients:

- 1 cup potatoes, diced
- 1 cup baby spinach
- ½ onions, diced
- ¾ tsp. garlic, minced
- ½ tsp. rosemary, minced
- 1 quart boiling water
- 1 ½ tsp. canola oil
- 3 whole eggs
- ¼ cup milk
- ½ tsp. paprika
- ¼ cup feta, crumbled

Method:

Cook potatoes in boiling water for 10-15 minutes until cooked but still firm, set aside. Rough chop spinach. Pre-heat oven to 400. Heat a large nonstick sauté pan on medium high heat. Lightly coat pan with oil, stir in onions until soft, and add garlic & rosemary. Reduce heat to medium, add spinach. Remove from heat and cool.

Beat eggs, milk, paprika and feta in a large bowl and combine with vegetable mixture. Divide mixture between muffin tins and bake for 12-15 minutes or until egg is set.

Servings	6
Portion Size	1 each
Calories	110
Fat	5g
Carbs	11g
Protein	2g
Fiber	6g

PB & J Chia Pudding

X1 Yield= 10 -12 Parfaits, 20 Mini Mason Jars

Jam: 2 Purple Scoops Parfait/ 1 Purple Scoop Mason Jar

Blueberry Jam:	X1	X2	X3	X4
Blueberries	1Q	2Q	3Q	4Q
Salt	¼ t	½ t	¾ t	1t
Maple Syrup (20%)	¼ C	½ C	¾ C	1C
Orange Juice	¼ C 2T	¾ C	1C 2T	1 ½ C
Chia Seeds	¼ C 2T	¾ C	1C 2T	1 ½ C

1.) Cook Blueberries, Salt, & OJ 3 – 4 minutes low/ medium heat (Blueberries have burst and is jam consistency)

2.) Off heat add Maple Syrup & Chia Seeds

3.) Brush the sides of vessel with peanut butter with a paint brush

PB Layer: 1 White Scoop Parfait/ 1 Blue Scoop Mason Jar

Peanut Butter Layer:	X1	X2	X3	X4
Almond Milk	2C	1Q	1Q 2C	2Q
Corn Starch	1T 1 ½ t	3T	¼ C 1 ½ t	¼ C 2T
Maple Syrup (20%)	1C	2C	3C	1Q
Coconut Milk	1C	2C	3C	1Q
Vanilla Extract	2t	1T 1t	2T	2T 2t
Peanut Butter	½ C 2T	1 ¼ C	1 ¾ C 2T	2 ½ C
Salt	½ t	1t	1 ½ t	2t
Chia Seeds	2/3C	1 1/3C	2C	2 2/3C
Coconut Extract	1/8t	¼ t	¼ t & 1/8t	½ t

1.) Use some of Almond milk to make a corn starch slurry

2.) Bring Almond milk to a boil, slurry in (1) and bring back to Boil

3.) Off heat add the rest



***MAIN & SIDE
DISHERS***

BAKED FALAFEL

Ingredients:

- ½ cup dry chickpeas
- ⅔ cup cilantro, chopped
- ¼ tsp. cumin
- ¼ tsp. allspice
- < 1/8 tsp. kosher salt
- < 1/8 tsp. black pepper
- < 1/8 tsp. cayenne pepper
- 2 ¾ tsp. garlic
- ⅓ cup onion

Method:

Preheat oven to 375. Sort and wash chickpeas; place in large bowl. Cover with water to 2 inches above beans. Cover; let stand 8 hours or overnight. Drain. Combine 1/2 of the chickpeas, cilantro, cumin, allspice, salt, pepper, cayenne, garlic and onion in a food processor; process until mixture resembles coarse meal. Repeat process with remaining half of the ingredients. (You can do this in one batch if you have a large enough food processor.) Divide chickpea mixture into equal portions, shaping each into a 1 ounce patty. Bake falafel at 375 for 10-12 minutes.

Servings	2
Portion Size	4 pieces
Calories	210
Fat	3.5g
Carbs	36g
Protein	7g
Fiber	11g

BLACK QUINOA

Ingredients:

- ¾ cup tap water
- 3 ½ oz. black quinoa

Method:

Rinse black quinoa under water until water runs clear. Bring water to a boil and stir in black quinoa. Simmer 12-15 minutes and cool.

Servings	6
Portion Size	½ cup
Calories	60
Fat	0g
Carbs	12g
Protein	2g
Fiber	2g

CHICKEN SOUVLAKI

Ingredients:

- 1 lb. chicken breast, diced 1 inch cubes
- 1 ½ tsp. lemon zest
- 1 Tbsp. lemon juice
- 2 Tbsp. olive oil
- 1 ½ tsp. garlic cloves, minced
- ¾ tsp. fresh oregano, chopped
- 1 ½ tsp. fresh parsley, chopped
- ¾ tsp. salt
- ½ tsp. black pepper
- ½ tsp. paprika

Method:

In a bowl, combine the freshly chopped oregano, lemon juice, lemon zest, garlic, olive oil, paprika, and pepper and toss over chicken. Allow to marinate for a minimum of two hours and up to the night before (12 hours) in the refrigerator. Remove chicken from marinade and season with salt. Grill the chicken and cook until internal temperature reaches 165.

Servings	4
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HONEY ESPRESSO PORK LOIN

Ingredients:

- 2 lb. pork loin, boneless
- 2 tsp. olive oil
- ½ tsp. salt
- ¼ tsp. black pepper
- ⅔ oz. coffee, espresso
- ½ cup honey
- 2 Tbsp. water
- 1 Tbsp. Dijon mustard
- 2¾ tsp. Worcestershire sauce
- 1¼ tsp. garlic cloves, minced
- ⅛ tsp. ground clove
- ⅓ cup chicken broth

Method:

Preheat oven to 350 degrees. Line a pan with parchment paper. Rub oil, salt and pepper all over the pork and place on prepared pan. Roast pork, turning once, for 30 minutes. Brew a strong espresso (1 ounce ground espresso is about 2 tablespoons).

To create the glaze, combine espresso, honey, water, Dijon mustard, Worcestershire sauce, garlic cloves and ground cloves in a pan; bring to a boil over medium-high heat, stirring frequently. Cook 3 minutes, stirring constantly, then remove from heat. After the pork has cooked for 30 minutes, brush all over with half of the glaze.

Continue roasting for 20-40 more minutes until an internal temperature of 140 degrees has been reached. Transfer pork to a clean cutting board and rest pork for 10 minutes. In a pan, add chicken broth to the remaining half of glaze and simmer over medium heat. Simmer until thickened slightly, about 5 minutes. Serve pork with sauce on the side.

Servings

6

JACKFRUIT, CHICKPEA & VEGETABLE COCONUT CURRY

Ingredients:

- 1 ½ tsp. canola oil
- 3 oz. cauliflower, cut
- 3 oz. broccoli, cut
- 3 oz. red pepper, medium diced
- 1 cup jack fruit
- 1 cup chickpeas
- ⅓ oz. ginger, minced
- 2 Tbsp. lemon grass
- 1 cup vegetable stock
- 1 oz. red curry paste
- 1 ½ cup coconut milk
- 1 tsp. salt
- 1 Tbsp. lime juice
- ½ oz. cilantro chopped

Method:

In a heavy-bottomed pan, heat oil and add cauliflower, broccoli, red pepper, jackfruit & chickpeas. Add the minced ginger and lemon grass stalk.

Sauté for 3-5 minutes until the aromatics are softened. Add the red curry paste and sauté for an additional 3 minutes.

Add the coconut milk and vegetable stock mixture from above and bring to a simmer for 10-20 minutes. Remove the lemon grass stalk. Season with salt to taste. Finish with lime juice and fresh chopped cilantro.

Servings

4

LAMB KOFTA

Ingredients:

- 1 lb ground lamb
- $\frac{1}{3}$ cup red onion, chopped fine
- 1 tsp. olive oil
- 2 garlic cloves, minced
- $\frac{1}{4}$ cup parsley, chopped
- 3 Tbsp. mint chopped
- $\frac{1}{2}$ tsp. black pepper
- $\frac{1}{4}$ tsp. salt

Method:

Sauté onion in oil on medium heat for 2-3 minutes until softened. Add cooled onions with all other ingredients and mix to combine. Form 4 ounce patties. Grill on preheated grill until internal temperature reaches 165.

Servings

4

LEMON POTATOES

Ingredients:

- 3 lbs. potatoes, cut into thick wedges
- $\frac{1}{2}$ cup olive oil
- 3 lemons, juiced
- 3 tsp. salt
- 2 tsp. oregano
- 1 tsp. white pepper
- 2 tsp. turmeric
- 1 Tbsp. garlic, chopped

Method:

Pre-heat oven to 400. In a large bowl, combine ingredients and toss. Spread evenly on a sheet pan and bake until tender & golden brown about 30-45 minutes.

Servings

6

PINEAPPLE FRIED CAULIFLOWER RICE

Ingredients:

- $\frac{3}{4}$ tsp. curry powder
- $\frac{3}{4}$ tsp. garlic, minced
- 2 $\frac{1}{4}$ tsp. shallots, minced
- $\frac{3}{4}$ tsp. ginger, minced
- $\frac{1}{4}$ each jalapeño pepper, seeded, minced
- $\frac{1}{2}$ cup canola oil
- 2 $\frac{1}{4}$ tsp. brown sugar
- 2 $\frac{1}{4}$ tsp. soy sauce, less sodium
- 1 $\frac{1}{8}$ tsp. lime juice
- $\frac{1}{2}$ cup of peas
- $\frac{1}{2}$ cup of carrots, chopped
- 3 oz pineapple, diced
- 1 Tbsp. cilantro, minced
- 1 Tbsp. green onions, minced

Method:

In a food processor, combine curry, garlic, shallots, ginger, jalapeño and $\frac{1}{2}$ cup oil. Pulse to a paste. In small sauté pan or wok, heat to low heat and sauté the paste to lightly brown the aromatics. Remove from heat and scoop into a bowl. Stir in brown sugar, soy sauce, and lime juice. Heat $\frac{1}{2}$ cup oil in wok or pan.

Add peas and carrots, and stir fry 1-3 minutes. Add reserved paste and **cauliflower rice recipe**. Stir rice by gently folding over so as not to break up the grain. Add pineapple and cilantro. Stir fry a few more minutes to heat through. Garnish with green onions.

Servings

4

CAULIFLOWER RICE

Ingredients:

- 2 lbs. cauliflower

Method:

In food processor using grater attachment or blades shred cauliflower into rice sized pieces. If using a box grater place this on top of sheet pan as this gets messy. In boiling water, blanch cauliflower rice for one minute. Season with salt & pepper to taste. Combine with [Pineapple Fried Cauliflower Rice \(pg 8\)](#) recipe.

Servings

4

ROASTED ROOT VEGETABLES

Ingredients:

- ¾ cup carrots, sliced
- 6 oz. parsnips
- 6 oz. turnips
- ¾ cup white onions, 1/8" sliced
- 1/3 cup celery, sliced
- 3 Tbsp. canola oil
- 2 tsp. rosemary, chopped
- 2 tsp. thyme, minced
- ¼ tsp. salt
- ¼ tsp. pepper

Method:

Preheat oven at 350. Cut carrots, parsnips, turnips, white onions, and celery into half-moons and steam no more than 3 minutes. Place on a sheet pan. Drizzle with oil and sprinkle with rosemary, thyme, salt and pepper. Roast in the oven at 350 for about 20-30 minutes or until vegetables are tender and nicely browned.

Servings

6

Portion Size

4 oz.

Calories

110

Fat

7g

Carbs

11g

Protein

1g

Fiber

3g

SESAME CARROTS

Ingredients:

- 1 lb. carrots, matchsticks or shredded
- 2 Tbsp. sesame oil
- 2 Tbsp. sesame seeds, toasted
- 1 tsp. black pepper
- 1 tsp. kosher salt

Method:

Clean, peel and cut carrots into thin matchsticks or shred. Heat a large skillet or wok over medium high heat. Add sesame oil and carrots. Stir while cooking until carrots are just tender. Add sesame seeds and season with salt and pepper.

Servings

4

Portion Size

4 oz.

Calories

100

Fat

6g

Carbs

12g

Protein

2g

Fiber

4g

STIR FRY VEGETABLES

Ingredients:

- 4 ¾ oz. broccoli
- 4 oz. yellow squash, sliced
- ¾ oz. canola oil
- ¾ oz. ginger, minced
- ¾ oz. garlic, minced
- 2 ½ oz. yellow onion, grated
- 2 ½ oz. carrots, grated
- 6 ½ oz. napa cabbage (shredded)
- ¾ oz. scallions, minced
- 9 ½ oz. stir fry sauce

Method:

In a medium-size pot boil water. Blanch broccoli & squash for 30 seconds, remove, drain and set aside. Heat sauté pan, add oil, ginger, and garlic stir fry quickly for 5 seconds. Add onion, carrots & shredded cabbage and sauté for 1 minute. Add stir fry sauce, broccoli & squash. Mix well and garnish with scallions.

Servings	2
Portion Size	1
Calories	130
Fat	6g
Carbs	15g
Protein	3g
Fiber	6g

SWEET POTATO HASH

Ingredients:

- ¼ tsp. canola oil
- 3 oz. onions, diced medium
- ½ tsp. garlic, minced
- 3 oz. green bell peppers, diced
- 1 ½ oz. red bell peppers, diced
- 12 oz. sweet potatoes, diced medium
- ½ tsp. pepper

Method:

In a large sauté pan, heat the oil. Add the onion, garlic and sauté until onion is translucent. Add peppers and sauté for a 3 minutes. Then add potatoes and sauté until brown and potatoes are cooked through.

Servings	6
Portion Size	6 oz.
Calories	70
Fat	0.5g
Carbs	14g

Protein	3g
Fiber	2g

THAI CHICKEN CURRY

Ingredients:

Marinade:

- ⅓ cup serrano pepper
- ⅔ cup ginger
- ⅔ cup garlic
- 1 lb. sour cream
- ⅔ cup salt
- 2 Tbsp. ground black pepper
- 2 ½ cup fat-free plain yogurt

- 1 lb. chicken breast, cut in cubes
- ¼ cup canola oil
- 1 cup water
- 1 cup fingerling potato, cut in rounds
- 14 oz. can coconut cream
- 1 cup basil leaves

Method:

Combine ingredients for marinade in a food processor or blender. Mix marinade in with chicken breast meat in a large container until coated evenly. Marinate overnight in refrigerator. Cut chicken into ¾ cubes, heat oil and sauté chicken. Add water & potatoes and simmer until chicken & potatoes are tender. Add coconut cream, and reduce until desired thickness. Remove from heat and finish with fresh basil leaves.

Servings	4
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SMOOTHIES

GREEN GOODNESS SMOOTHIE

Ingredients:

- 2 ½ cups fresh spinach
- ½ cup pineapples, frozen, cubed
- ½ cup banana, sliced, frozen
- 1 ½ scoops or 15 grams soy protein powder
- ½ cup water

Method:

Combine all ingredients in a blender to preferred consistency.

Portion Size	8 oz.
Calories	195
Fat	.75g
Carbs	30.5g
Protein	17g
Fiber	3.7g

PEANUT BUTTER CHOCOLATE BANANA (POST-WORKOUT)

Ingredients:

- 12 oz. almond milk or choice of milk
- 1 banana, frozen
- 1 Tbsp. peanut butter or equivalent
- 1 scoop of chocolate protein powder or choice of flavor

Method:

Combine all ingredients in a blender to preferred consistency.



date bar

SWEET TREATS

CHOCOLATE, DATE, NUT & SEED BAR

Ingredients:

- 2 oz. pitted dates chopped
- 2 Tbsp. walnuts
- 2 Tbsp. cashews
- 2 Tbsp. cocoa powder
- ¼ cup pumpkin seeds

Method:

Rinse dates in warm water & drain well. In a food processor, add dates, walnuts, cashews, cocoa powder & pumpkin seeds. Grind until smooth, then transfer mixture to a baking sheet. Use a rolling pin to roll mixture to 1" thick depth. Freeze for about 1 hour and cut into 2"x2" square.

Servings	6
Amount Per Serving	1
Calories	110
Fat	8g
Carbs	10g
Protein	4
Fiber	2g

COCONUT, DATE & CHERRY BAR

Ingredients:

- 1 cup dates, chopped
- ½ cup + 2 Tbsp. dried cherries
- 1 cup coconut, sweetened
- ¼ cup oats, old fashioned
- ¼ tsp. vanilla extract
- 1 + ½ tsp. cocoa powder

Method:

Place dates, cherries, coconut and oats into a food processor and mix until fine. Add in vanilla extract and cocoa, and mix well. Place mixture onto a baking sheet and using a rolling pin press to a flat layer to desired thickness. Freeze for about 1 hour and cut into 2"x2" bars.

Servings	12
Amount Per Serving	1
Calories	150
Fat	3g
Carbs	30g
Protein	3g
Fiber	<1g

FOOD GROUPS

This list was designed to help you understand which foods fall into what food group according to their nutritional profile. Some foods can count as either grain or protein and some vegetables count as grains because of the nutrients they provide.

GRAINS

- Bagels
- Biscuits
- Breads
- Buns
- Cereals
- Chapati
- Cornbread
- Couscous
- Crackers
- English muffins
- Granola
- Grits
- Matzoh
- Melba
- Toast
- Muffins
- Muesli
- Naan
- Noodles
- Oatmeal
- Orzo
- Pancakes
- Pasta
- Pita bread
- Popcorn
- Porridge
- Quinoa
- Rice cakes
- Rolls
- Snack chips
- Tortillas
- Waffles

PROTEIN

- Beef
- Cheese
- Chicken
- Cottage cheese
- Eggs
- Fish
- Game meats
- Lamb
- Luncheon meat or cold cuts

- Milk
- Nuts
- Peanut butter
- Pork
- Protein powder
- Seeds
- Shellfish
- Soy beans
- Soy milk
- Tofu
- Tuna
- Turkey
- Yogurt

COUNT THESE AS GRAINS

- Corn
- Cassava
- Hominy
- Peas
- Plantains
- Potatoes
- Pumpkin
- Succotash
- Sweet potatoes
- Tapioca
- Yams
- Yucca

COUNT THESE AS GRAINS OR PROTEINS

- Beans (garbanzo, pinto, kidney, black, navy)
- Edamame
- Lentils
- Lima beans
- Miso

- Peas (split, black-eyed)

FRUITS

- Apple
- Apricot
- Avocado
- Banana
- Berries
- Cantaloupe
- Cherries
- Currants
- Dried fruit
- Figs
- Grapefruit
- Grapes
- Guava
- Honeydew melon
- Jack fruit
- Juices (all fruit)
- Kiwi
- Kumquats
- Lychee
- Mandarin oranges
- Mango
- Nectarine
- Orange
- Papaya
- Passion fruit
- Peach
- Pear
- Persimmon
- Pineapple
- Plum
- Pomegranate
- Starfruit
- Tangerine
- Watermelon

VEGETABLES

- Artichoke
- Asparagus
- Bamboo shoots
- Beets
- Broccoli

- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Chard
- Chayote
- Cucumber
- Eggplant
- Green beans
- Greens
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Mushrooms
- Okra
- Onions
- Peppers
- Radish
- Seaweed
- Shallots
- Spinach
- Summer squash
- Tomato
- Turnips
- Watercress
- Zucchini

HEALTHY FATS

(Use in moderation and reduce size of number of handfuls at a meal if adding a significant amount of fat)

- Vegetable oils (olive, canola, soy, corn, sunflower, peanut oil)
- Nuts
- Seeds
- Avocado
- Some fish (salmon, tuna, trout, mackerel)

ADDITIONAL RESOURCES

BREAKFAST AT HOME, MEAL PLANNING & GROCERY SHOPPING

When planning and preparing meals at home, remember every meal, including breakfast, should contain one handful of protein, two handfuls of fruits and vegetables, and at least one handful of grain, preferably whole grain. The fifth handful can be another grain, another protein or a combination of the two.

Tips for Breakfast:

- Any food, including leftovers, can be breakfast food, not just traditional items like eggs, pancakes, cereal, or fruit.
- Pre-prepare ingredients to speed up cooking time in the morning.
- Keep convenience items like Greek yogurt, hard cooked eggs, and individual bags of fruit and vegetables in the refrigerator for busy mornings when you need a “grab and go” option.
- Assemble the ingredients for a smoothie in the blender the night before, store in the refrigerator, and blend in the morning.

Tips for Preparing and Serving Food:

- Use healthier cooking methods such as grilling, roasting, braising, sautéing, steaming, and poaching.
- To save time, cook more than what you need and freeze the extra for a busy day.
- Use smaller plates to help keep portions under control.
- Pack your “five-handful” lunch in the evening so it’s ready to go in the morning.

Tips for Grocery Shopping:

- Start with a meal plan and shop from a list.
- Shop the perimeter of the store first, as more “need” foods are found there.
- Buy only as much as you need for the next few days.
- Stock your freezer! Plain frozen foods like fruits, vegetables, meat and fish are convenient, nutritious, prevent waste, and save you both time and money.
- Buy “want” food in individual serving packages to help control portions.

DINNER AND FINE DINING

When dining at a full-service restaurant, you have lots of options for creating a delicious "five handfuls" meal that is just the right size for you!

Tips for Ordering:

- Review the menu before arriving at the restaurant.
- You are the customer so order your food the way you want it, and don't be afraid to ask for substitutions (i.e., baked potato, instead of fries).
- Consider meal preparation: ask for baked, broiled, or steamed instead of fried.
- Ask for butter, dressing, and sauces on the side.
- Order an appetizer as your meal.
- Keep in mind alcohol, sweetened beverages, and dessert count as "want" foods and can be substituted for a grain.

Tips to Help You Eat Less:

- Eat a small snack before the meal to avoid overeating.
- Avoid the breadbasket or additional food that is served before the meal (i.e., chips and dips, appetizers, bread, etc.).
- Share a meal.
- Order a to-go box *at the beginning of the meal* and leave only your "five handfuls" on your plate.
Eat slowly and chew your food well. Put your utensil down between bites and/or eat with your non-dominant hand.
- When ordering wine by the bottle, tell the server not to fill your glass without asking your permission, and wait until the glass is fully empty before deciding to have more.
- When dining buffet style, survey the entire buffet before making your selections.
- Avoid the "All You Can Eat" mentality! Eating more than your need isn't a bargain in the long run.

GRAB N' GO LUNCH, FAST FOOD, CONVENIENCE STORES, AND AIRPORTS

Eating on the road doesn't mean you have to compromise your energy. You can create a healthy, "five handfuls" meal in any setting!

Tips for Eating on the Go:

- Plan ahead and pack slow release snacks.
- Ensure each meal contains five handfuls – one protein, two fruits/veggies, one grain (preferably whole grain), and a fifth handful of protein, grain or a combination of the two.
- Use the substitution rule: one handful of grain for one handful of "want" food.
- Choose healthier options at fast food restaurants: go with grilled over fried, salad or fruit over fries, thin crust over thick, and remember sweetened beverages and desserts count as a grain.
- Order smaller servings such as appetizers or a child's portion, and eat slowly.
- Avoid mindless eating in the car.

Quick Meals at Convenience Stores and Airports:

- Look for fresh food like fruit, sandwiches, yogurt, cheese sticks, and salad.
- Avoid over-sized fountain drinks – water or unsweetened beverages are a better choice.
- Be label savvy – many packaged items, including beverages, contain more than one serving.
- Choose slow release snacks like trail mix, nuts and seeds over candy or sweets.
- Vending machines can offer healthy options for both meals and snacks.

STRATEGIC SNACKING

Snacks create an energy bridge from one meal to the next. Slower release snacks will provide energy longer than quick release snacks. A snack should contain between 100-150 calories.

Tips for Choosing Snacks:

- Read the label! Many packaged snacks contain more than one serving.
- Look for snacks that contain protein and fiber, as these will release energy more slowly.
- For fresh fruits and vegetables, one handful equals a snack.
- For dried fruits and high fat snacks like nuts, fill just the palm of your hand.
- Clever product names and descriptions can be misleading - always check the nutrition facts on the package.

“Real” Food Snack Ideas:

Slow Release:

1 large hard cooked egg with a small orange
(120 calories, 12g carbs, 2g fiber, 7g protein)

1 cup raw vegetables with ¼ cup hummus
(120 calories, 16g carbs, 6g fiber, 6g protein)

½ large banana with ½ tbsp. peanut butter
(110 calories, 17g carbs, 2g fiber, 3g protein)

18 almonds
(120 calories, 6g carbs, 3.5g fiber, 4.5g protein)

12 almonds
(120 calories, 18g carbs, 4g fiber, 8.6g protein)

1 oz. reduced fat cheddar cheese and ½ c. grapes
(101 calories, 4g carbs, 0.3g fiber, 8.6g protein)

1 oz. reduced fat cheddar cheese and 2 large round saltines
(112 calories, 4g carbs, 0.3g fiber, 9g protein)

4 oz. plain non-fat Greek yogurt with ½ c. berries
(115 calories, 17g carbs, 2g fiber, 12g protein)

Medium Release:

Ants on a log:
3 stalks celery, 1 tbsp. peanut butter, ½ oz. raisins
(155 calories, 16g carbs, 1.7g fiber, 5.5g protein)

2 tbsp. guacamole and ½ oz. tortilla chips
(125 calories, 12g carbs, 4.3g fiber, 2.1g protein)