

# Nutrition Guide & Recipes



## Dinner Ideas

- Taco Bowl
- Baked Fish
- Chicken Pesto Pasta
- Dinner Burger Meal
- Shrimp and Stir Fry
- Pizza and Salad
- Fish Tacos
- Sheet Pan Chicken and Veggies

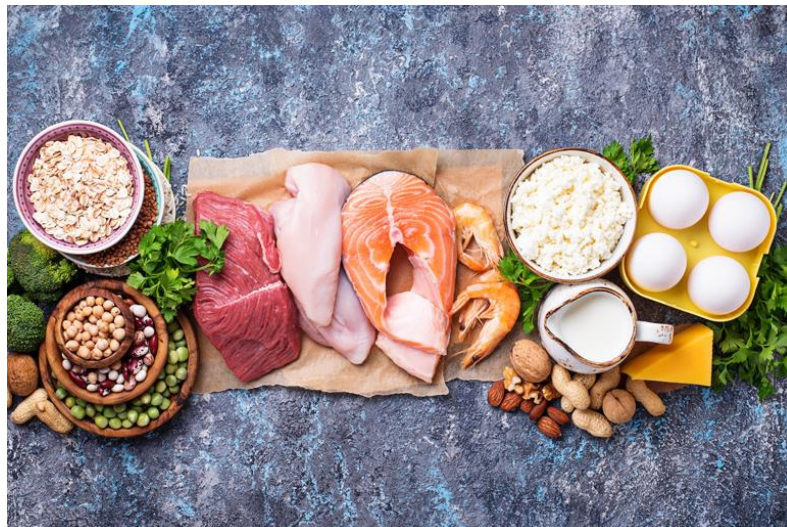
These dinner meals contain more combinations of fruit, vegetables, and a protein source. These meals require some pre-planning and prep work but will help aid in your dinner meals meeting your nutrition goals at the end of the day.

## Protein Sources

- Chicken, Turkey, Seafood, Chickpeas, Tofu, or other lean protein source

**Prep Work:** Keep it simple with oil, salt and pepper for taste or marinade your protein in a sauce of your choice. Cook them up on the grill, bake, roast, crockpot...etc.

**Quick Tip:** You can get pre-prepped protein sources at the grocery store in the meat, seafood, or freezer sections and this will help reduce some of the prep and cooking time. Keep in mind to check nutrition facts on brands you purchase as some may contain more sodium and additives.



## Vegetables

- Salad Mixes, Cucumbers, Tomatoes, Mushrooms, Onions, Zucchini, Eggplant, Corn, Carrots, Artichokes, Asparagus, Broccoli, Cauliflower, Squash, Romaine, Kale, Spinach, Cabbage, Celery, Sweet Potatoes, Onion, Green Beans, Bell Peppers

**Quick Tip:** You can get salad packs, pre-cut veggies, or frozen vegetables to aid in quicker prep time with your veggies and meals.



## Fruits

- Apples, Oranges, Bananas, Blueberry, Raspberry, Blackberry, Kiwi, Pineapple, Grapes, Melons, Pear, Apricot, Peaches

**Quick Tip:** You can get pre-cut packs of fruit to aid in quicker prep and combo time with your meals. It is best to buy fruits in season as you will often find them on sale to get rid of stock before their supply goes bad.



# Recipes

## Option 1

### Taco Bowl

4 oz Grilled Chicken or Ground Turkey cooked according to your recipe of choice (you can use Tofu, Shrimp or Grilled Veggies as well)

½ cup brown rice (quinoa or other grain base of choice)

½ cup black beans

½ cup avocado

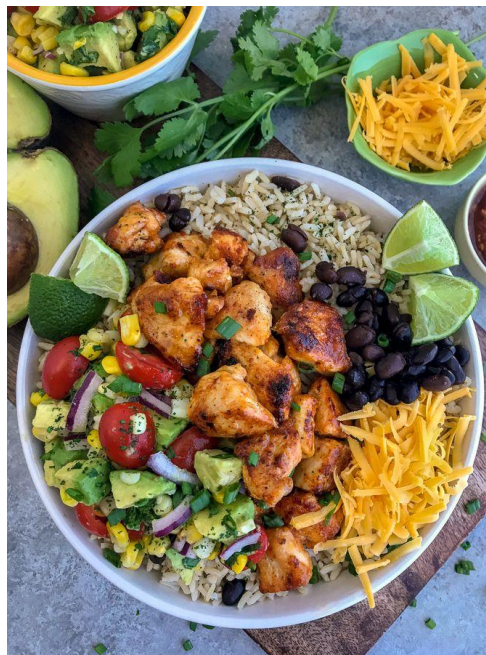
½ cup grilled veggies (corn, tomato, zucchini...etc.)

1 tbsp Pico de Gallo, salsa, or vinaigrette

1 cup Fruit

#### Directions

Prepare the protein of choice. Add rice and beans to bowl with protein. Top with avocado, veggies and toppings. Enjoy fruit on the side.



## Option 2

### Baked Fish Meal

4 ounces of tilapia (get fresh or frozen filets)

½ Fresh Lemon sliced up

Salt, Garlic and Pepper to taste

1 cup brown rice, quinoa, couscous, or other grain of choice (you can buy instant/quick cook versions)

1 cup steamed broccoli (can get steam in a bag option for faster prep time)

#### Directions

Bake tilapia at 350 in the oven for 10-15 minutes in a glass dish with garlic, lemon, salt, and pepper to taste. Cook up rice or grain of choice, steam broccoli to have on the side.





### Option 3

## Chicken Pesto Pasta

4 oz of Grilled or Baked Skinless Chicken Breast  
Fresh Pesto Sauce  
Fresh Basil  
1 tbsp Parmesan  
1 cup of cooked chickpea pasta or other whole wheat version of your choice  
1-2 handfuls of salad greens of your choice with toppings  
1 tbsp dressing of choice

### Directions

Prepare and cut up your chicken from recipe you select. Cook the pasta of your choice according to the instructions. Toss the pasta, chicken, and pesto together. Top your pasta with fresh cut basil and sprinkle parmesan cheese on top. Enjoy a side salad with your meal.



### Option 4

## Heart Healthy Burger

4 oz turkey burger (you can also use a veggie burger as an option)  
Whole Wheat Bun (other options are lettuce wraps or Large Portobello mushrooms, grilled)  
Add your choice of veggies for toppings  
1 cup of fresh fruit  
1 cup Roasted potato wedges or sweet potatoes topped with choice of herb or seasoning

### Directions

Place the cooked turkey burger on top of the Bun, Lettuce or Portobello mushroom. Add additional condiments if desired. Enjoy with fruit and potatoes on the side.



**Option 5**

**Shrimp Stir-Fry**

- 4 oz Grilled or Sauteed Shrimp
- Serving of Low sodium Stir-Fry/Teriyaki Sauce of choice
- 2 cups of Sauteed Stir-Fry mixed vegetables  
(can get fresh or frozen mixed packs to use)
- ½ cup of steamed brown rice
- 1 tsp sesame seeds
- 1 cup Fresh Fruit

**Directions**

Toss your cooked shrimp and vegetable stir-fry mix together then add to plate alongside your serving of rice and top with sesame seeds. Enjoy fruit on side.



**Option 6**

**Pizza and Salad**

- 2 slices of pizza (you can make pizza at home using frozen options, pre-made or get the crusts and add your own toppings to any crust choice you select)
- 1 handful of salad greens and toppings
- 1 tbsp dressing of choice

**Directions**

Prep and bake your pizza according to recipe or instructions. Enjoy your pizza and side salad.



**Healthier pizza options include:**

- Crusts – flat bread, thin or cauliflower crusts
- Sauce – tomato, pesto or olive oil-based sauce, avoid cream-based options
- Cheese – light serving or no cheese
- Toppings – extra veggies or leaner protein like chicken

### Option 7

## Fish Tacos

1-2 Tilapia filets (you can also choose Cod, Rockfish or other fish of your choice, fresh or frozen)

1-2 cups of Cabbage slaw mix

1 Lime

1 Jalapeno

1 Red Onion

Spices of choice (salt, pepper, cayenne, cumin...etc)

¼ cup Rice Vinegar

2 tbsp E.V.O.O

¼ cup Sour Cream

2-4 Corn Tortillas



### Directions

Season your fish as your desire and bake your fish until cooked through. While the fish is baking in the oven make your slaw mix. Cut up your lime, jalapeno, and onion. Mix your cabbage slaw, lime juice, jalapeno and red onion together in a bowl then toss it with the Rice Vinegar and olive oil. Put together your tacos with some fish, cabbage slaw mixture and drizzle some sour cream on top. Enjoy with a side of fresh fruit.

### Option 8

## Sheet Pan Chicken and Veggies

2 Boneless Skinless Chicken Thighs

10-12 Small Red Potatoes, cleaned and quartered

1 container of Cherry Tomatoes

1 Bunch of Scallions, cleaned and trimmed

2 tbsp E.V.O.O

1 Lemon

Salt and Pepper



### Directions

Pre-heat your oven then clean and cut all vegetables you are using. Toss the vegetables in some olive oil, salt and pepper. Place the vegetables evenly on the sheet pan. Season the chicken thighs with salt and pepper and drizzle some olive oil on them before placing them on the pan on top of the vegetables. Roast the chicken and vegetables all on the same sheet pan until the chicken is cooked through completely. Squeeze fresh lemon juice over the cooked chicken and veggies. Enjoy with a side salad.