

CALFUNC MEAL RECOMMENDATIONS

VEGETARIAN MEALS

1. Quinoa and Black Bean Power Bowl:

Ingredients: 1 cup cooked quinoa 1 cup black beans (canned, drained, and rinsed) 1 cup diced tomatoes 1/2 cup corn kernels 1/4 cup diced red onion 1/4 cup chopped fresh cilantro 1 avocado, sliced Lime wedges for garnish	Macros (per serving, approx.): Protein: 20g Carbohydrates: 55g Fat: 15g	Instructions: Mix quinoa, black beans, tomatoes, corn, red onion, and cilantro in a bowl. Top with avocado slices and garnish with lime wedges.
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2. Chickpea and Spinach Protein Curry:

Ingredients: 1 can chickpeas (drained and rinsed) 2 cups fresh spinach 1 large onion, finely chopped 2 tomatoes, diced 1/2 cup coconut milk 2 cloves garlic, minced 1 tablespoon ginger, grated 1 tablespoon curry powder Salt and pepper to taste Fresh cilantro for garnish	Macros (per serving, approx.): Protein: 15g Carbohydrates: 45g Fat: 12g	Instructions: Sauté onions, garlic, and ginger until softened. Add chickpeas, tomatoes, curry powder, and cook for 5 minutes. Pour in coconut milk, simmer until the sauce thickens. Add fresh spinach, cook until wilted. Season with salt and pepper, garnish with cilantro, and serve over brown rice.
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3. Lentil and Vegetable Stir-Fry:

Ingredients: 1 cup cooked green lentils 1 cup broccoli florets 1 bell pepper, sliced 1 carrot 1/2 cup snow peas 2 tablespoons soy sauce 1 tablespoon sesame oil 1 tablespoon rice vinegar 1 teaspoon ginger, minced 2 cloves garlic, minced Sesame seeds for garnish	Macros (per serving, approx.): Protein: 18g Carbohydrates: 45g Fat: 8g	Instructions: Sauté ginger and garlic in sesame oil. Add broccoli, bell pepper, carrot, and snow peas. Stir-fry until vegetables are tender. Mix in cooked lentils and soy sauce. Cook for an additional 2-3 minutes. Drizzle with rice vinegar, garnish with sesame seeds, and serve over quinoa or brown rice.
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4. Eggplant and Chickpea Stuffed Peppers:

Ingredients: 4 bell peppers, halved and seeds removed 1 can chickpeas (drained and rinsed) 1 eggplant, diced 1 cup cherry tomatoes, halved 1/2 cup feta cheese, crumbled 2 tablespoons olive oil 1 teaspoon dried oregano Salt and pepper to taste	Macros (per serving, approx.): Protein: 16g Carbohydrates: 30g Fat: 10g	Instructions: Preheat the oven to 375°F (190°C). Mix chickpeas, diced eggplant, cherry tomatoes, olive oil, oregano, salt, and pepper. Stuff the bell peppers with the mixture and top with crumbled feta. Bake for 25-30 minutes until peppers are tender.
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5. Protein-Packed Tofu and Vegetable Stir-Fry:

Ingredients: 1 block firm tofu, cubed 2 cups broccoli florets 1 red bell pepper, sliced 1 zucchini, sliced 2 tablespoons soy sauce 1 tablespoon hoisin sauce 1 tablespoon sesame oil 1 tablespoon vegetable oil 1 teaspoon garlic, minced 1 teaspoon ginger, grated Green onions and sesame seeds for garnish	Macros (per serving, approx.): Protein: 22g Carbohydrates: 20g Fat: 16g	Instructions: Press tofu to remove excess water, then cube it. Heat vegetable oil in a pan, add tofu, and cook until golden brown. Add garlic and ginger, followed by broccoli, bell pepper, and zucchini. Stir-fry until vegetables are tender. Mix in soy sauce, hoisin sauce, and sesame oil. Cook for an additional 2-3 minutes. Garnish with green onions and sesame seeds. Serve over brown rice or quinoa.
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6. Spinach and Cottage Cheese Stuffed Mushrooms:

Ingredients: 8 large mushrooms, stems removed 1 cup chopped spinach 1 cup cottage cheese 1/4 cup grated Parmesan cheese 2 cloves garlic, minced Salt and pepper to taste	Macros (per serving, approx.): Protein: 28g Carbohydrates: 10g Fat: 8g	Instructions: Preheat the oven to 375°F (190°C). Mix chopped spinach, cottage cheese, Parmesan, garlic, salt, and pepper. Stuff mushroom caps with the mixture and bake for 20 minutes or until mushrooms are tender.
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NON-VEGETARIAN MEALS

1. Grilled Chicken Breast with Sweet Potato Mash:

Ingredients: 6 oz boneless, skinless chicken breast 1 large sweet potato, peeled and cubed 1 tablespoon olive oil Salt, pepper, and your favorite herbs/spices	Macros (per serving, approx.): Protein: 40g Carbohydrates: 30g Fat: 10g	Instructions: Season chicken breast with salt, pepper, and desired herbs/spices. Grill the chicken until fully cooked. Boil sweet potatoes until tender, mash, and mix with olive oil. Serve grilled chicken over sweet potato mash.
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2. Salmon and Quinoa Bowl: use Fish of your choice

Ingredients: 6 oz salmon fillet 1 cup cooked quinoa 1 cup mixed vegetables (broccoli, bell peppers, carrots) 1 tablespoon olive oil Lemon wedges for garnish	Macros (per serving, approx.): Protein: 35g Carbohydrates: 30g Fat: 15g	Instructions: Season salmon with salt and pepper. Bake or grill salmon until cooked. Sauté mixed vegetables in olive oil until tender. Serve salmon over a bed of quinoa and vegetables. Garnish with lemon wedges.
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3. Chicken and Vegetable Stir-Fry with Brown Rice:

Ingredients: 8 oz chicken breast, thinly sliced 2 cups mixed vegetables (bell peppers, broccoli, snap peas) 1 cup cooked brown rice 2 tablespoons soy sauce 1 tablespoon sesame oil 1 tablespoon vegetable oil 1 teaspoon ginger, minced 2 cloves garlic, minced	Macros (per serving, approx.): Protein: 30g Carbohydrates: 40g Fat: 12g	Instructions: Heat vegetable oil in a wok, add ginger and garlic. Add sliced chicken and stir-fry until browned. Add mixed vegetables, soy sauce, and sesame oil. Stir-fry until vegetables are tender. Serve over cooked brown rice.
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4. Baked Lemon Garlic Chicken Thighs with Quinoa Salad:

Ingredients: 4 chicken thighs, bone-in, skin-on 1 cup quinoa, cooked Cherry tomatoes, cucumber, red onion, and feta cheese for the salad Olive oil, lemon juice, garlic, salt, and pepper for seasoning	Macros (per serving, approx.): Protein: 30g Carbohydrates: 30g Fat: 15g	Instructions: Preheat the oven to 400°F (200°C). Season chicken thighs with olive oil, lemon juice, minced garlic, salt, and pepper. Bake for 25-30 minutes or until chicken is cooked. Mix cooked quinoa with diced tomatoes, cucumber, red onion, and feta cheese for the salad.
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5. Grilled Chicken Caesar Salad:

Ingredients: 6 oz grilled chicken breast, sliced Romaine lettuce, chopped Cherry tomatoes, halved Croutons Caesar dressing Parmesan cheese for topping	Macros (per serving, approx.): Protein: 40g Carbohydrates: 15g Fat: 20g	Instructions: Grill chicken breast until fully cooked and slice it. Toss chopped romaine lettuce, cherry tomatoes, and croutons. Add grilled chicken slices on top. Drizzle with Caesar dressing and sprinkle with Parmesan cheese.
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6. Chicken and Vegetable Skewers:

Ingredients: 1 lb chicken breast, cut into cubes Bell peppers, cherry tomatoes, and red onion chunks 2 tablespoons olive oil Lemon juice, garlic powder, salt, and pepper to taste	Macros (per serving, approx.): Protein: 30g Carbohydrates: 10g Fat: 15g	Instructions: Marinate chicken cubes in olive oil, lemon juice, garlic powder, salt, and pepper. Thread chicken and vegetable chunks onto skewers. Grill or bake until chicken is cooked through.
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VEGAN MEALS

1. Chickpea and Quinoa Buddha Bowl:

Ingredients: 1 cup cooked quinoa 1 cup chickpeas (canned, drained, and rinsed) Mixed greens (kale, spinach, green beans) Cherry tomatoes, cucumber, and avocado slices Dressing	Macros (per serving, approx.): Protein: 20g Carbohydrates: 45g Fat: 15g	Instructions: Assemble a bowl with quinoa, chickpeas, mixed greens, cherry tomatoes, cucumber, and avocado slices. Drizzle with tahini dressing.
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2. Lentil and Vegetable Stir-Fry with Brown Rice:

Ingredients: 1 cup cooked brown lentils Mixed vegetables (broccoli, bell peppers, peas) 1 cup cooked brown rice Soy sauce, ginger, and garlic for seasoning	Macros (per serving, approx.): Protein: 18g Carbohydrates: 40g Fat: 5g	Instructions: Sauté mixed vegetables in a pan with soy sauce, ginger, and garlic. Add cooked brown lentils. Serve over cooked brown rice.
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3. Tofu and Vegetable Curry with Quinoa:

Ingredients: 1 block firm tofu, cubed Mixed vegetables (broccoli, carrots, bell peppers) 1 can coconut milk Curry powder, turmeric, and cumin for seasoning 1 cup cooked quinoa	Macros (per serving, approx.): Protein: 20g Carbohydrates: 30g Fat: 15g	Instructions: Sauté tofu cubes until golden brown. Add mixed vegetables and sauté until tender. Pour in coconut milk and add curry powder, turmeric, and cumin. Simmer until the sauce thickens. Serve over cooked quinoa.
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4. Black Bean and Sweet Potato Chili:

Ingredients: 1 can black beans (canned, drained, and rinsed) 1 large sweet potato, diced 1 can diced tomatoes 1 cup corn kernels 1 onion, diced Chili powder, cumin, and smoked paprika for seasoning	Macros (per serving, approx.): Protein: 15g Carbohydrates: 40g Fat: 5g	Instructions: Sauté diced onion until softened. Add sweet potato, black beans, diced tomatoes, and corn. Season with chili powder, cumin, and smoked paprika. Simmer until sweet potatoes are tender.
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5. Protein-Packed Lentil and Spinach Salad:

Ingredients: 1 cup cooked green lentils Fresh spinach leaves Cherry tomatoes, cucumber, and red onion slices Lemon-tahini dressing	Macros (per serving, approx.): Protein: 20g Carbohydrates: 30g Fat: 10g	Instructions: Combine cooked green lentils, fresh spinach, cherry tomatoes, cucumber, and red onion in a bowl. Drizzle with lemon-tahini dressing.
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6. Chickpea and Vegetable Skewers with Quinoa:

Ingredients: 1 can chickpeas (canned, drained, and rinsed) Bell peppers, cherry tomatoes, red onion chunks Wooden skewers, soaked in water Olive oil, lemon juice, garlic, salt, and pepper for marinade 1 cup cooked quinoa	Macros (per serving, approx.): Protein: 18g Carbohydrates: 40g Fat: 8g	Instructions: Marinate chickpeas and vegetable chunks in olive oil, lemon juice, minced garlic, salt, and pepper. Thread onto skewers and grill until vegetables are tender. Serve over cooked quinoa.
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HIGH PROTEIN SNACK OPTIONS

1. Greek Yogurt with Almonds and Honey:

Ingredients: 1 cup Greek yogurt 1/4 cup almonds (unsalted) 1 tablespoon honey	Macros (approx.): Protein: 20g Carbohydrates: 15g Fat: 15g	Instructions: Spoon Greek yogurt into a bowl. Top with almonds and drizzle honey over the top.
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2. Protein-Packed Trail Mix:

Ingredients: 1/4 cup almonds 1/4 cup walnuts 1/4 cup pumpkin seeds 2 tablespoons dried cranberries	Macros (approx.): Protein: 15g Carbohydrates: 15g Fat: 20g	Instructions: Mix all the ingredients in a bowl. Portion out for a convenient, protein-rich snack.
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3. Cottage Cheese and Berries Bowl:

Ingredients: 1 cup low-fat cottage cheese 1/2 cup mixed berries (blueberries, strawberries) 1 tablespoon chia seeds	Macros (approx.): Protein: 25g Carbohydrates: 15g Fat: 5g	Instructions: In a bowl, combine cottage cheese and mixed berries. Sprinkle chia seeds on top.
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4. Edamame and Hummus Snack:

Ingredients: 1 cup edamame (steamed and salted) 2 tablespoons hummus	Macros (approx.): Protein: 17g Carbohydrates: 15g Fat: 10g	Instructions: Steam edamame and sprinkle with salt. Serve with hummus for a protein-packed snack.
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5. Chickpea Salad:

Ingredients: 1 can chickpeas (canned, drained, and rinsed) 1/2 cup cherry tomatoes, halved 1/4 cup red onion, finely chopped 2 tablespoons olive oil 1 tablespoon balsamic vinegar	Macros (approx.): Protein: 15g Carbohydrates: 30g Fat: 10g	Instructions: In a bowl, mix chickpeas, cherry tomatoes, and red onion. Drizzle with olive oil and balsamic vinegar.
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6. Protein Mug Cake:

Ingredients: 1 scoop protein powder 1 tablespoon almond flour 1/2 teaspoon baking powder 1/4 cup almond milk	Macros (approx.): Protein: 25g Carbohydrates: 10g Fat: 5g	Instructions: Mix all ingredients in a mug and microwave for 1-2 minutes until the cake is set.
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