

2.1: Smart Food Choices & Healthy Meal Planning

Superfoods for Weight Loss:

- Apples
- Eggs
- Kale
- Lentils
- Low-fat yogurt
- Blueberries
- Quinoa
- Oats

Craving Apple Pie?

Chop up 1 medium apple and sprinkle with ½ tsp. allspice and ½ tsp. cinnamon.

Microwave on **HIGH** for 90 seconds.

A Complete & Balanced Meal Requires....

1. Lean Protein

e.g.: boneless, skinless chicken breast, lean pork & beef (trim all visible fat), beans/legumes, eggs/egg whites, fish & seafood (non-breaded/battered), low-fat yogurt & cottage cheese, whey protein powder, tofu

2. Low GI Carbs

e.g.: green, leafy vegetables, whole-grain, high-fiber breads (2-3g per slice), oats, quinoa, beans/legumes, non-starchy vegetables, basmati/wild/long-grain rice, apples, oranges, blueberries, grapes, cherries, grapefruit

3. Healthy Fats

e.g.: olive oil, flaxseed oil, canola oil, avocados, eggs & fish with omega-3 fats, olives, nuts, seeds

Great Energy-Boosting & Healthy Snack Ideas [containing protein AND fiber]

- 1 small apple w/1 tbsp. nut butter
- 4 whole-grain crackers w/1 tbsp. hummus
- ¼ cup dried fruit & nuts
- 6 oz. plain non-fat Greek yogurt w/1 tbsp. granola

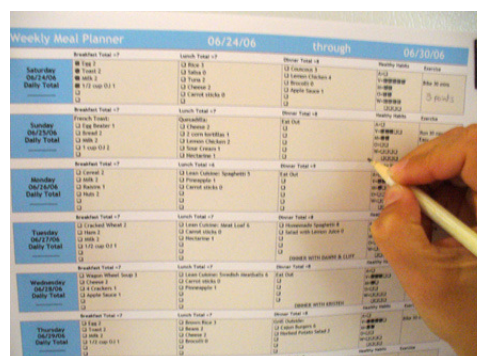
- 1 whole-grain, high-protein bar
- ½ a lean turkey sandwich on high-fiber (2-3g per slice) bread
- ½ cup bell peppers w/1 tbsp. hummus
- ½ cup low-fat cottage cheese w/ ½ cup blueberries

4 Steps to Healthy Meal Planning

1. Schedule a time to plan.



2. Evaluate your meal plan.



Carve out 30 minutes in your schedule each week to plan your meals and create a shopping list. Many people find the best time to meal plan is in advance of their weekly grocery shopping trip.

Does each meal include fruit and/or vegetables? Have you included enough lean protein in each meal & snack? Are staying within your recommended calorie limits? Take this time to ensure you are achieving your nutrition goals and modify as needed.

3. Shop & Cook



4. Lay Out the Day's Food



Here is where meal planning in advance of your weekly grocery run comes in handy! Another great tip is to spend a few hours in the kitchen on the weekend, preparing lunches & snacks in advance. Place in individual portions and you are ready to go for the week!

This can be done the night before or the morning of, depending on what works best for you. Refer to your plan and pack your items to bring to work and place the items to be eaten at home in the fridge and pantry where they are most easily accessible when you get hungry!