

## Meal Preparation and Planning Idea – Dinner Example

Steps	Monday	Tuesday	Wednesday	Thursday	Friday
Pick your food category (plate, bowl, casserole, salad)	Plate:				
Pick your vegetable	½ plate salad with avocado Blueberries w/cool whip				
Pick your fruit					
Pick your protein	Black beans 1-oz low-fat cheese				
Pick your carb	Rice				
Seasonings/Sauces	Lite balsamic vinaigrette, salsa				
Preparation Method	Open beans & heat Microwave rice				

# Snacks : Add It Up to Make It Work

**Balance your body and stave off hunger. Choose one from each column for a healthy, satisfying snack!**

## **Carbohydrates**

### Grains

½ English muffin

15 pretzels

2 rice cakes

½ pita

6 saltine crackers

12-15 veggie chips

¼ cup low-fat granola

1 slice bread

1 6-inch tortilla

3 graham cracker squares

3 cups low fat popcorn

### Veggies

½ cup starchy vegetables – corn, peas, potatoes

Non-starchy vegetables – see below

### Dairy

8 oz low fat or skim milk

~ 6 oz lite or Greek yogurt

½ cup sugar free pudding

8oz low fat soymilk

½ cup ice cream

### Fruits

1 ¼ cup whole strawberries

¾ cup blackberries or blueberries

1 cup cantaloupe or honeydew

1 4oz (tennis ball sized) apple  
pear or peach

½ cup cherries, applesauce  
or canned fruit

1 ¼ cup watermelon

2 tbsp. raisins

15 grapes

½ banana



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## **Protein**

### Meats

1-2 oz skinless  
chicken or turkey

1-2 oz chicken/tuna/egg salad  
(made with lite mayo)

1 hardboiled egg

½ cup egg whites

1-2 oz fish



### Cheese

1 oz low fat cheese, soy cheese or  
string cheese

¼ cup low fat grated cheese

¼ cup low fat cottage cheese

2 tbsp. low fat cream cheese

### Beans and Dips

1/3 cup hummus

½ cup beans – black, kidney, lentils,  
Chickpeas, pinto, black eyed peas

½ cup refried beans

½ cup tofu

1/3 cup bean dip

¼ cup edamame

¼ cup soynuts

### Nuts & Seeds

1 Tbsp. sunflower, pumpkin,  
pepito or sesame seeds

¼ cup pecans, walnuts, almonds

Cashews or peanuts

1 Tbsp. peanut, almond

Or cashew butter



Enjoy unlimited raw non-starchy veggies– Ex. broccoli, carrots, celery, cucumber or peppers