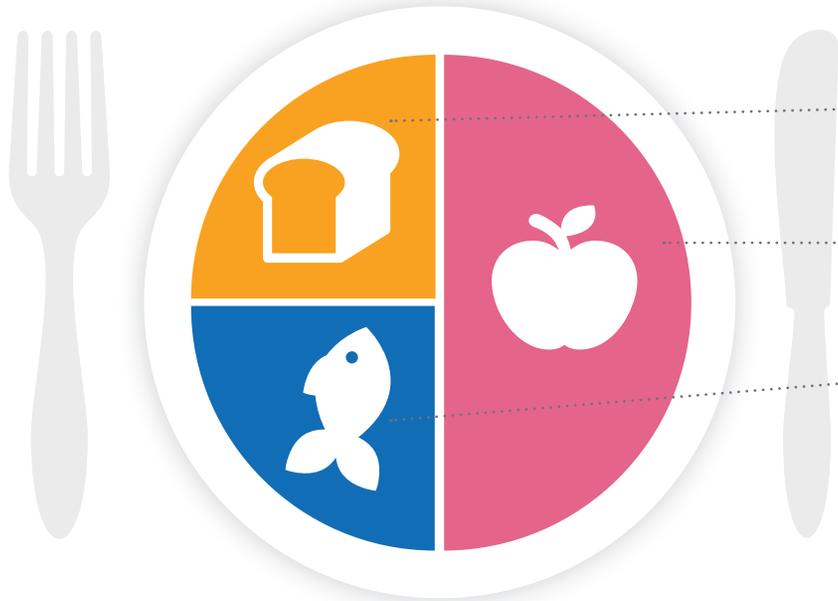


BUILD A HEALTHY DINNER



STARCHES, GRAINS

oatmeal, whole wheat bread, whole grain cold cereal



FRUIT

blueberries; raspberries, small apple, small banana



PROTEIN

milk, egg, yogurt, veggie sausage patty, cheese, fish, nut-butter



DINNER TIPS: Limit your serving of meat or fish at dinner to about 6 oz. Having a good source of protein as well as a healthy fat will help you feel full longer. High volume, high fiber foods take longer to eat and also help you feel more full. Plan ahead. Doing meal prep ahead of time can help you have dinners ready for the week. Include a large glass of water or other sugar-free beverage such as tea and seltzer at each meal.

 FRUITS & VEGGIES		 PROTEIN 6 oz serving		 STARCHES, GRAINS 15g of carb each		EXTRA no-carb	
Lettuce (any kind)	Spinach	Chicken	Turkey	Sweet or white potato (small)		Avocado (1/4)	
Kale	Broccoli	Pork tenderloin	Lean beef	Whole grains (brown rice, barley, quinoa 1/3 cup)		Nuts (1 oz)	
Green beans	Tomatoes	Salmon	Halibut	Crackers (4-6)		Toasted pumpkin seeds	
Cucumbers	Asparagus	Tilapia	Shrimp	Corn or Peas (1/2 cup)		Pickled red onions	
Cauliflower	Zucchini	Shellfish		Beans and lentils (red, black, white, chick peas) 1/2 cup		Balsamic vinegar	
Mushrooms		Eggs (1-2 any style)		Winter squash (1/2 cup)		Olive oil	
Oranges	Pears	Cottage cheese (1/2 cup)		Tortilla (1 - 6" round)		Canola oil	
Apples	Berries	Greek yogurt (6-8 oz)				Mustard	
Pineapple	Peaches	Low-fat milk (8 oz)				Sriracha sauce	
Clementine	Grapes	Cheese, low-fat (1-2 oz)				Fresh herbs (basil, mint, rosemary, sage)	



BALANCED DINNER

Each dinner suggestion has at least 15 grams of protein and less than 500 calories. Menu ideas noted with a star (*) are low in carbs and three meals are also vegetarian (v).

SAMPLE DINNER IDEAS

<p>Marinated Pork Tenderloin</p> <p>Baked sweet potato (<i>small</i>)</p> <p>Roast cauliflower w/ olive oil</p> <p>Strawberries dipped in chocolate (3)</p>	<p>Sheet Pan Chicken Dinner</p> <p>Chicken breasts</p> <p>Green beans</p> <p>Split Baby potatoes</p> <p>Baked apple</p>	<p>Baked Salmon*</p> <p>Roasted asparagus</p> <p>Greek salad: tomatoes, cucumbers, green peppers, red onions, feta cheese, olives</p> <p>Mixed berries</p>
<p>Shrimp & Grain Bowl</p> <p>Sautéed shrimp (5-6)</p> <p>Brown rice ($\frac{2}{3}$ cup)</p> <p>Steamed broccoli</p> <p>Chopped salad veggies (tomato, cucumbers, lettuce)</p> <p>Avocado ($\frac{1}{4}$)</p> <p>Dressing as desired</p>	<p>Grilled Flank Steak</p> <p>Sautéed baby spinach</p> <p>Roasted butternut squash</p> <p>Sliced tomatoes</p> <p>Grilled pineapple</p>	<p>Stir Fried Chicken*</p> <p>Chicken strips stir fried with broccoli and red peppers</p> <p>Zoodles (<i>spiralized zucchini</i>)</p> <p>Arugula salad with sliced avocado</p> <p>Red and green grapes</p>
<p>Vegetarian Chili v</p> <p>Chili with Tomatoes, beans, zucchini, onion, mushrooms, corn</p> <p>Garden Salad</p> <p>Frozen banana slices dipped in chocolate (3)</p>	<p>Veggie Frittata v</p> <p>Made with eggs, mushrooms, zucchini, tomatoes</p> <p>Small corn muffin</p> <p>Spinach & strawberry salad</p> <p>Dark chocolate (2 <i>small squares</i>)</p>	<p>Roast Spaghetti Squash * v</p> <p>Marinara sauce</p> <p>Sautéed onions and mushrooms</p> <p>Caprese salad: tomatoes, mozzarella, and basil</p>