



Healthy Meals For A Healthy Lifestyle

Integrate these easy to prepare healthy meals into your diet. They're full of energy and low on calories.

Breakfast

Peanut Butter / Banana Tortilla

INGREDIENTS

- 1 Joseph's flax, oat bran & whole wheat flour tortilla
- 2 tbsp peanut butter
- 1 medium banana

Take tortilla, spread peanut butter on it then roll around banana.

Lunch

Roast Beef Tortilla

INGREDIENTS

- 1 Joseph's flax, oat bran & whole wheat flour tortilla
- 2 slices of lean roast beef
- 1 tsp light mayo
- Baby spinach leaves
- Sliced grape tomatoes
- Dill weed

Take tortilla spread on mayo, sprinkle with dill weed, place roast beef, spinach and tomato. Roll it up and enjoy.

OR

Turkey Sandwich

INGREDIENTS

- 2 slices of Pepperidge Farm soft honey oat bread
- 2 slices of skinless honey roasted turkey breast
- 1 slice if light cheese
- 1tsp sweet and hot honey mustard

Combine ingredients into a sandwich.

Dinner

Pork and Sweet Potato

INGREDIENTS

- Pork tenderloin
- Sweet potato
- 2 tbsp tequila lime salsa or Paul Newman's pineapple or peach salsa
- Spinach salad (spinach, cucumber, red pepper, tomato, apple, strawberries, almonds etc.) with serving size of light dressing

Cook pork and sweet potato as desired top with salsa.

OR

American Chop Suey

INGREDIENTS

Whole wheat pasta cooked until desired

1 lb ground turkey breast browned

1 jar of low sugar organic tomato sauce

1 cup low-fat Sargento 4 cheese Italian shredded cheese blend

Combine ingredients in a casserole dish and bake for 1/2 hour at 350 degrees.

Serve w/ spinach salad (see above)

Anytime Meals

Try these for lunch or dinner.

The following recipes are for a serving for one – simply increase the ingredients accordingly.

Ham Roll-Ups

INGREDIENTS

4 oz of sliced low fat deli ham

4 oz of sliced low fat Swiss cheese (like Jarlsberg lite) 1tbsp light mayonnaise

4 asparagus spears

Nutrition facts - 386 calories, 45g protein, 10g carbs, 13g fat

Place one slice of ham on a flat work surface, top with one slice of cheese and spread with a little light mayo.

Place asparagus spear at one end of and roll up, repeat with remaining ingredients

Salmon Soba

INGREDIENTS

2 oz soba noodles

1 tbsp olive oil

1 tbsp lemon juice

2 tsp rice vinegar

1/4 tsp wasabi paste

1 pouch (6oz) pink salmon

Nutrition facts 551 calories, 51g protein, 44 carbs, 21.5g fat

1 tbsp roasted sesame seeds * found in the Asian aisle of your market

Prepare soba according to package directions. Meanwhile, whisk together olive oil and lemon juice on a small bowl.

Add vinegar and wasabi, whisking until smooth. Combine all ingredients in a large bowl.

Shrimp Quinoa Spinach Salad

Special note: this dish requires extra time for shrimp to season and defrost. If you didn't plan ahead, skip the seasoning and just place the shrimp in a colander under cold running water to defrost more quickly.

INGREDIENTS

8oz of shrimp, pre-cooked and frozen

Garlic salt

Italian seasoning

1/2 cup water

1/4 cup of dry quinoa

1 tbsp red wine vinegar

1 tsp olive oil

2 cups fresh spinach leaves

Place shrimp in a zip lock bag and sprinkle liberally with garlic salt and Italian seasoning. Close bag and shake gently.

Place spinach on plate.

Wisk oil and vinegar together to create your dressing.

Place shrimp on plate.

Place quinoa on shrimp.

Pour dressing on spinach, shrimp, and quinoa.

Enjoy.