

## **EASY MIX & MATCH IDEAS**

### **Breakfast Options 500 Calories Each**

#### **Cheesy Egg White Breakfast Muffins, Fruit & Toast**

2 Egg Muffins + 1 Slice of Whole Grain or Gluten Free Toast + 1 Cup of Fruit

#### **Chocolate Banana Protein Smoothie**

1 Serving of Chocolate Whey or Vegan Protein Powder + 1 Banana + 1 Tbsp. Light Peanut Butter + 1.5 Cups of Milk of your Choice. Blend all ingredients in blender.

#### **Matcha Breakfast Smoothie**

1 Tsp. Matcha Green Tea Powder + 1.5 Cus Milk of your choice + 2 Tbsp Almond Butter + 1 Banana. Blend all ingredients in blender.

#### **Blueberry Maple Chia Overnight Oats with Toast and Eggs**

¼ Cup Gluten Free Oats + 1/3 Cup Milk of your Choice + ¼ Cup Plain Greek Yogurt + 1 Tbsp. Chia Seeds + 2 Tsp. Maple Syrup + ¼ cup Blueberries + Side of Scrambled Eggs (made with two eggs) + 1 Slice of Toast (Bread of your choice)

#### **Peanutbutter Banana Overnight Oats + Apple**

¼ Cup Gluten Free Oats + 1/3 Cup Milk of your Choice + ¼ Cup Plain Greek Yogurt + 1.5 Tsp. Chia Seeds + 1 Tbsp. Light Peanut Butter + 1 Tsp. Honey + 1 Banana and 1 Apple on the Side

#### **Kashi Go Lean Cereal**

1.5 Cups of Kashi "Go Lean" Cereal + 1 Cup of Milk of Your Choice + 1 Cup of Fruit

#### **Granola with Greek Yogurt and Fruit**

1 Cup Granola (Bob's Redmill) + ½ Cup Plain Greek Yogurt + 1 Cup of Blueberries + 1 Tsp. Honey

#### **Mexican Black Bean Egg Scramble with Salsa**

2 Eggs + 2 Tsp. Olive Oil (for greasing pan or use a non-stick spray) + 1 Cup Spinach + 2 Tsp. Salsa + ½ Cup Black Beans + 1/8<sup>th</sup> Cup of Shredded Cheddar Cheese. Scramble all ingredients together and cook for a few minutes until eggs are done and cheese is melted. Serve with 1 Slice of Toast (Bread of your choice)

#### **Breakfast Buritto Wrap**

1 Egg + 1 Egg White + ¼ Cup Black Beans (or ¼ of a can) + 1 Tbsp. Salsa, ¼ Avocado, 1/8<sup>th</sup> Cup Shredded Cheddar Cheese + 2 Tsp. Olive Oil for Cooking + ¼ Cup Veggies of Your Choice (Peppers, Onions, Tomato etc.) Chop veggies and sautee for about 3-5 minutes in oil, scramble in eggs, black beans and salsa. (*This buritllo filling can be made ahead of time and portioned into individual containers*) Wrap in a Medium Sized Whole Wheat Torilla and top with shredded cheese and avocado.

#### **Bagel and Lox**

1 Whole Wheat Toasted Bagel + 2 Tbsp. Cream Cheese + 2 Oz. Smoked Salmon + 2 Slices Tomato + 1 Large Grapefruit on the Side

### **Egg Avocado & Toast**

2 Slices of Whole Grain or Gluten Free Bread + 2 Hardboiled Eggs + ½ an Avocado Mashed onto the Toast + 2 Slices of Tomato + Salt and Pepper to Taste. *Hardboiled eggs can be made ahead of time, shells removed and stored in the fridge in an air tight container.*

### **Egg White & Fruit Plate**

4 Hardboiled Eggs (Egg Whites only) + 1 Cup Cantaloupe Sliced + 6 Pieces Melba toast + 2 Oz. Swiss cheese. Arrange on a plate and enjoy. *Eggs, cantaloupe and cheese can all be prepared ahead of time.*

### **Peanut Butter Toast & Jam**

2 Slices Whole Grain Toast (or Gluten Free Bread) + 2 Tbsp. Almond or Peanut Butter +1 Tsp. Fruit Preservatives + a side of ½ Cup Cottage Cheese (can use lactose Free) (1%)

### **Protein Pancakes**

½ Cup of Egg Whites + ½ Cup Large Flaked Oats (Gluten Free) + ½ Cup Cottage Cheese (can use Lactose Free) + 1 Tsp. Maple Syrup + ½ Medium Banana + ½ Tbsp. Peanut Butter  
Blend First three ingredients well in a blender with enough water to make into a batter and then cook like a pancake. Serve with Maple Syrup, Sliced Banana and Peanut Butter. *Batter can be made ahead of time and stored in the fridge for easy to make morning pancakes.*

### **Egg Sandwich**

2 Whole Eggs + 1 Whole Grain English Muffin (Or Gluten Free) + 3 Slices Turkey Bacon (*Bacon can be prepped ahead of time*) + 2 Slices of Tomato + 1 Glass of Milk of Your Choice. Scramble eggs and cook turkey bacon. Arrange on English muffin and top with tomato and hot sauce of your choice. Serve with a glass of milk.

### **Protein Omelet**

1 Whole Egg + 3 Egg Whites + 2 Oz. Deli Style Turkey + ½ Cup Sliced Mushrooms and Onions to Taste + 1 Slice of Whole Grain Bread (or Gluten Free Bread) + 1 cup of Melon. Whisk together egg and egg whites and season with salt and pepper. Using a non-stick pan and a non-stick cooking spray, cook egg mixture for a few minutes and then add the mushrooms and onions. Close the omelet when ready and flip and cook for a few more minutes. Serve with a Slice of toast and melon.

### **Quinoa and Kale Scramble**

1 Tbsp. Olive Oil + 1 Clove of Garlic + 2 Cups Chopped Kale + 2 Eggs + 2 Egg Whites + 1/3 of a Cup Cooked Quinoa + 2 Tbsp. Fresh Chopped Cilantro + 2 Tbsp. Guacamole + 2 Tbsp. Salsa. Mince garlic and sauté in olive oil with the kale until the greens wilt. Scramble in the eggs mixture and cooked quinoa. Serve with cilantro, guacamole and salsa. *Kale and Cilantro can be washed and chopped ahead of time.*

## **Lunch/Dinner Options 500 Calories Each**

### **Slow Cooker Vegetarian Chili**

1 Serving homemade Chili or 1 serving of canned chili or Tim Horton's Chili + 1 Whole Wheat Bun

### **Chicken Curry**

1 Serving of Chicken Curry + 1 Cup of Brown Rice

### **Breaded Pan Fried Tilapia with Salsa Verde**

1 Serving of Tilapia + 1 Cup of Brown Rice or Quinoa + 2 Cups of Mixed Greens dressed with Lemon, salt and pepper.

### **Deli Sandwich**

1 Whole Wheat Bagel or 2 Slice of Whole Grain or Gluten Free Toast + 4 oz. Deli-style Turkey Breast + 2 Slices reduced fat cheese + Sliced tomato to taste

### **Grilled Chicken Salad**

3 oz. Grilled Chicken Breast + 3 Cups mixed dark leafy greens + ½ apple chopped + 1-2 tbsp. nuts of your choice + chopped Cucumber diced or sliced to your taste. Dress with fresh lemon juice or balsamic vinegar + 1 Tbsp. Olive Oil. *Can be made ahead of time and portioned into mason jars for quick grab and go lunches or dinner. If you don't have the time to cook the chicken breast, grab a whole cooked rotisserie chicken from the grocery store which can make up to 10 salads. Generally, salads are good in the fridge in the individually portioned mason jars for about 3-5 days.*

### **Sushi**

2 Tuna or Salmon Roll (made with brown rice if possible) + 1 Miso Soup

### **Black Bean Soup and Half Sandwich**

1 Cup canned black bean soup + 2 slices whole-grain bread or Gluten Free Bread + 4 oz. deli style turkey breast or ham + ¼ of an Avocado + Dijon mustard to taste

### **Lean Burger**

4 oz. extra-lean ground beef (Pan-fry or BBQ burger until desired doneness) + 1 Oz. Aged Cheddar Cheese + 1 Slice of Tomato + 1 Slice of Lettuce + 1 Whole Grain Bun + Side Salad dressed with fresh lemon juice or balsamic vinegar. *Burgers can be made ahead of time and store in an airtight container in the fridge.*

### **Whole Wheat or Gluten Free Pasta**

1 Cup Cooked Whole Wheat or Gluten-Free Pasta + 1 Cup Steamed Veggies + 1/3 Cup Feta Crumbled + 1 Cup Tomato Based Bottled Sauce (make sure there is no cream)

### **Salmon Nicoise Plate**

5 oz. Grilled Salmon + 2 Cups Mixed Greens Salad + 1 Cup Green Beans + 1 Small Red Potato Boiled or Microwaved + 5 Black Olives + Fresh Lemon and Salt and Pepper to Taste

### **Sashimi**

About 10 pieces of Sashimi + ½ cup brown rice, steamed + Side salad of mixed greens + 2 tbsp. Asian ginger dressing

**Rotisserie Chicken and Salad**

4oz. Skinless Boneless Chicken Rotisserie Breast + Mixed greens + 1 Cup of Cooked Quinoa or a Microwaved Potato + 1 tsp olive oil + Lemon juice + 1 granny smith apple sliced

**Steak and Broccoli**

6oz. of flank steak, filet mignon or sirloin steak + 1 Tsp. Olive oil+ Sea salt and pepper to taste + 1 small baked or Microwaved potato + Dijon mustard + 1 cup steamed broccoli + Lemon juice to taste (grill or broil steak with olive oil, salt and pepper for 5-7 mins per side or until desired doneness and serve with side of broccoli with lemon and baked potato with Dijon.) *Can be made ahead of time and pre-portioned into individual containers for quick grab and go meals.*

**Grilled Salmon and Asparagus**

6 oz. Salmon Filet + 1 tsp. honey mustard + Asparagus steamed + 1 cup whole grain cooked pasta or brown rice \*Broil salmon with honey mustard for 12-15 minutes and serve with pasta and asparagus. *Can be made ahead of time and pre-portioned into individual containers for quick grab and go meals. Cooked Salmon is generally good for about 3-4 days in the fridge.*

**Turkey Burger**

6 oz. Lean ground Turkey + 2 tbsp. salsa + 2 tbsp. chopped red onion + 1 whole grain or gluten free hamburger bun + Side of green beans steamed. Combine ground turkey, salsa and onion and form into burger. Broil or grill until cooked and serve on bun with a side of steamed green beans. *Turkey burgers can be made ahead of time and stored in an air tight container for 3-4 days.*

**Chicken or Tofu Stir-fry with Veggies**

4oz. boneless skinless chicken breasts or Tofu, chopped into cubes + 1 cup broccoli florets + ½ cup sliced mushrooms + ½ cup snow peas + 2 tsp. reduced sodium soy (gluten free) sauce + 2 tbsp. chicken broth + 2 tsp. sesame oil + 1 cup brown rice cooked. Fry chicken/tofu in sesame oil until browned and then add the vegetables, soy sauce, and chicken broth. Cook chicken until there is no pink. *Can be made ahead of time and pre-portioned with rice into individual containers for quick grab and go meals.*

## **Snack Options 300 Calories Each**

### **Protein and Oatmeal (307 Calories)**

2/3 Cup Cooked Oatmeal, Prepped with water  
1 Scoop Protein Powder  
½ Cup Fresh or Frozen Blueberries  
1 Tbsp. Chopped Walnuts  
Splash of ¼ of Milk of your choice

### **Fruit and Cottage Cheese or Greek Yogurt (293 Calories)**

1 Cup Cottage Cheese or Plain Greek Yogurt  
1 Cup Mixed Fruit  
½ Cup Whole Grain Cereal

### **Berry Protein Smoothie (306 Calories)**

1-1/2 Scoops Protein Powder  
½ Cup Fresh or Frozen Berries  
1 Cup Milk of your choice  
½ Cup Spinach

### **Bagel and Lox (291 Calories)**

½ Whole Wheat Bagel  
1 Tbsp. Cream Cheese  
2 Oz. Smoked Salmon  
2 Slices Tomato  
½ Large Grapefruit

### **Egg White & Fruit Plate (293 Calories)**

3 Hardboiled Eggs (Egg Whites only)  
1/3 Cantaloupe Sliced  
4 Pieces Melba toast  
1 Slice Reduced Fat Swiss cheese

### **Cereal Bowl (299 Calories)**

1 Cup Kashi-Go-Lean Cereal  
1 Tbsp. Flaxseeds  
2/3 Cup Milk of your choice  
½ Cup Bananas Sliced

### **Peanut Butter & Toast (280 Calories)**

1 Slice Whole Grain Toast  
1 Tbsp. Almond or Peanut Butter  
1 Tsp. Fruit Preservatives  
½ Cup Cottage Cheese (1%)

**Egg Sandwich (307 Calories)**

1 Whole Egg  
2 Egg Whites  
1 Whole Grain English muffin  
2 Slices Turkey Bacon  
Sliced Tomato to Taste

**Vanilla Berry Protein Shake (296 Calories)**

1 Scoop Milk of your choice  
1 scoop protein powder  
1 cup frozen mixed berries  
1 tsp. vanilla extract  
½ banana  
Ice

**Yogurt Bowl (299 Calories)**

1 Cup Non-Fat Plain Greek Yogurt  
1 Apple Diced  
2 Tbsp. Walnuts, Chopped  
1 Tsp. Honey

**Nutrition Bar (280 Calories)**

1 Bar (Quest, Simply Bar, Solo GI Bar) or anything that is about 200 calories with fewer than 25 grams of sugar and at least 10g of protein)  
+ ½ Cup Cottage cheese or Greek yogurt

**Deli Sandwich (297 Calories)**

½ Whole Wheat Bagel or 1 Slice of Toast  
2 oz. Deli-style Turkey Breast  
1 Slice reduced fat cheese  
Sliced tomato to taste  
1 cup tomato or vegetable juice

**Turkey BLT (293 Calories)**

2 Slices Whole Wheat Bread  
3 Slices Turkey bacon  
Sliced Tomato to Taste  
Lettuce to taste  
1 fresh pear or apple

**Sushi (311 Calories)**

1 Tuna or Salmon Roll (made with brown rice if possible)  
Side Salad of mixed greens  
2 Tbsp. of Asian Ginger Dressing

**Protein Shake (299 Calories)**

1 Scoop Protein Powder  
1 Whole Banana  
½ Milk of your choice  
½ cup water  
Ice

**Chicken Ranch Wrap with Side of Red Peppers and Celery Sticks (307 Calories)**

1 6" Whole Grain Tortilla  
3 oz. Grilled Chicken Breast  
Sliced Tomato  
Lettuce  
Red Bell Pepper Sliced  
Celery Sticks  
1 Tbsp. Low Fat Ranch Dressing

**Salmond Nicoise Plate (301 Calories)**

3 oz. Salmon  
2 Cups Mixed Greens Salad  
1 Cup Green Beans  
1 Small Red Potato Boiled or Microwaved  
5 Black Olives  
Fresh Lemon and Salt and Pepper to Taste

**Sashimi (319 Calories)**

3 oz. (About 6 pieces of sashimi)  
½ cup brown rice, steamed  
Side salad of mixed greens  
2 tbsp. Asian ginger dressing

**Peanut Butter and Jelly with Cottage Cheese (289 Calories)**

1 Slice Whole Grain Bread  
1 Tbsp. Peanut or Almond Butter  
1 Tbsp. All fruit preserves or ¼ sliced banana  
½ Cup Cottage Cheese as a side

**Cold Cut Platter (289 Calories)**

4 oz. Deli style turkey breast and/or Ham  
1 oz. low fat swiss cheese thinly sliced  
Sliced tomato to taste  
100 calories worth of whole grain crackers of your choice

**Tuna Salad in a Tomato (289 Calories)**

4 oz. Water Packed Tuna, drained

¼ cup chopped celery

1/3 cup chopped red onion

1 tbsp. low fat mayo

1 tsp. Dijon mayo

1 large tomato hollowed out

3 slices whole grain melba toast

½ whole grain English muffin

\* Combine tuna, celery, onion, mayo and mustard and stuff into hollowed out tomato. Serve with crackers or English muffin

**Protein Pizza Muffin (313 Calories)**

1 Whole Grain English Muffin

¼ Cup tomato Sauce

¼ Cup Part Skim Mozzarella cheese shredded

2 oz. grilled chicken breast

1 cup broccoli steamed

\* melt cheese on top of English muffin in oven for about 10 mins at 350 degrees and serve with side of broccoli)

**Shrimp Cocktail Platter (286 Calories)**

4 oz. Boiled and Cooled Shrimp

2 Tbsp. Cocktail Sauce

Fresh Lemon wedges

1 whole wheat dinner roll or 1 slice whole wheat bread

1 cup mixed raw veggies such as carrots, cucumber, or peppers



### Snack Options– 200 Calories Each | for 100 Calorie Options, Just Eat ½ Portion

- RX Bar
- 1 Apple or Banana + 1 Tbsp. Peanut Butter
- 2 Lean Turkey Pepperoni Sticks + 1 oz. Cheese
- 4oz. Vanilla Greek Yoghurt (2-5%) + 1 Tbsp Chia + 1 Tbsp Hemp + ¼ Cup Berries
- 1 Brown Rice Cake with 1 Tbsp. Peanut Butter
- 12 Baby Carrots + ¼ Cup Almonds
- 1 Small Flavored Can of Tuna with 2 Finn Rye Crisp Crackers
- 1 Grapefruit + 1 oz of Cheese
- 2oz. of Deli Turkey + 1 Slice Ezekiel Sprouted Grain Bread + ¼ Avocado or ½ Oz. Of Cheese
- 1 Cup Raw Veggies + ¼ Cup of Hummus or Greek Yogurt Dip
- ¾ Cup Edamame in Shells
- 1 Toasted Waffle + 1 Tbsp. Peanut Butter
- Charcutier Plate: 2 Presidents Choice Rosemary Crackers + 2 Oz. Ham, 1 Baby Bel Cheese + 3 Olives + 1 Dill Pickle.
- Half a Whole Wheat Pita + Tomato Sauce, Veggies, ¼ Cup Mozzarella Cheese (Like a pizza)
- Half a Whole Wheat Pita with 2 oz Ham or Turkey, Lettuce, Tomato, Mustard
- 1/3 – 1/2 of Chicken Salad + 2 Crackers. Something like this: <https://foolproofliving.com/greek-yogurt-chicken-salad/>
- 1/3 - ½ Cup Tuna Salad + 2 crackers. Something like this: <https://www.alenamenko.com/tuna-salad-with-greek-yogurt-no-mayo/>
- Veggies & ¼ Cup Homemade Guacamole
- ½-1 Cup Cucumber Slices with Cream Cheese & 3 Oz. Smoked Salmon