

# MEAL PLAN FOR HEALTHY EATING

Develop habits for life-long health and well-being.

<b>BREAKFAST</b> Meal 1	<b>PROTEIN - choose one</b> <b>COMPLEX CARBOHYDRATE - choose one</b>  <b>FRUIT OR VEGETABLE - choose one</b>	<b>Egg Whites (3), Turkey, chix, fish, tofu, veggie pattie</b> <b>Oatmeal, Flat out flat bread, brown rice, whole wheat pasta, 100% whole wheat bread(100 cal or less)</b> <b>Spinach, mushrooms, broccoli peppers onion</b> <b>Berries ½ c, banana, orange, apple, melon 1 cup... etc</b>
<b>Mid Morning</b> Meal 2	<b>PROTEIN/ Complex Carb - choose one</b>  <b>FRUIT OR VEGETABLE - choose one</b>	<b>Peanut butter/almond butter on Rice Cakes (2)</b> <b>Tuna, chix, turkey, hummus, on Rice Cake, on brown rice, on Romaine lettuce leaves (3)</b> <b>Green salad, Baby carrots, celery, zuchinni, apple, pear, banana, 12 grapes, berries, melon. Peach..... any fresh source</b>
<b>LUNCH</b> Meal 3	<b>PROTEIN - choose one</b> <b>COMPLEX CARBOHYDRATE - choose one</b>  <b>VEGETABLE - choose one or two</b>	<b>EggWhites (3), Turkey, chix, fish, tofu, veggie pattie</b> <b>Flat out flat bread, brown rice, whole wheat pasta, 100% whole wheat bread(100 cal or less), sweet potato, corn, beans - lima, navy, kidney, black, baked white potato, chick peas/hummus, butternut squash, spaghetti squash</b> <b>Salad, cukes, tomatoes, broccoli cauliflauer, carrots, green beans, brussel sprouts, asparagus, zucchini, yellow squash... etc</b>
<b>Mid-Afternoon</b> Meal 4	<b>PROTEIN/ Healthy Fat - choose one</b>  <b>FRUIT OR VEGETABLE - choose one</b>	<b>Hummus, peanut butter/almond butter, 8 almonds /walnuts</b>  <b>Baby carrots, celery, zuchinni, apple, pear, banana, 12 grapes, berries, melon. Peach..... any fresh source</b>
<b>DINNER</b> Meal 5	<b>PROTEIN - choose one</b>  <b>FRUIT OR VEGETABLE - choose two or three</b>	<b>EggWhites (3), Turkey, chix, fish, tofu, veggie pattie</b>  <b>Salad, cukes, tomatoes, broccoli cauliflauer, carrots, green beans, brussel sprouts, asparagus, zucchini, yellow squash... etc</b>
<b>Post Dinner IF NEEDED about an hour or 90 minutes before bed.</b> Meal 6	<b>PROTEIN - choose one</b>	<b>EggWhites (3), Turkey, chix, fish, tofu, veggie pattie</b> <b>Greek Yogurt (non-fat, no sugar) protein smoothie,</b>

## Helping People Take Control of their Lives

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As you plan your meals also review the 'food choices list' for more food ideas.