



Stronger Together Family

*“Providing Tools and Enhancing Skills
To Improve Your Nutritional Health”*

Meal Planning

Low-Carbohydrate Vegetables:

Artichoke hearts
Artichokes
Arugula
Asparagus
Banana peppers
Bean sprouts
Bell peppers
Bok choy
Broccoli
Broccolini
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard greens
Cucumbers
Eggplant
Endive
Escarole
Green beans
Green onion
Iceberg lettuce
Jalapeno peppers
Jicama
Kale
Leaf lettuce
Leeks
Mushrooms
Mustard greens
Onions
Radicchio
Radish
Romaine lettuce
Shallots
Snow peas
Spaghetti squash
Spinach
Spring lettuce
Sugar snap peas
Summer squash
Swiss Chard
Tomatillo
Tomato
Turnips
Water chestnuts
Zucchini

Whole Grains:

Amaranth
Barley
Brown rice
Bulgur
Cereal (e.g. Cheerios, Chex, Fiber One)
Corn tortilla
Farro
Granola
Kamut
Millet
Oatmeal
Popcorn
Quinoa
Soba noodles
Spelt
Wheat crackers (e.g. Triscuits, Kashi)
Wheatberries
Whole grain Goldfish crackers
Whole wheat bagel
Whole wheat bread
Whole wheat couscous
Whole wheat English muffin
Whole wheat graham crackers
Whole wheat hamburger bun
Whole wheat hot dog bun
Whole wheat pancake
Whole wheat pasta
Whole wheat pita bread
Whole wheat pita chips (baked)
Whole wheat pizza crust
Whole wheat pretzels
Whole wheat sandwich thin
Whole wheat tortilla
Whole wheat waffle
Wild rice

Starchy Vegetables:

Acorn squash
Beets
Butternut squash
Corn
Parsnips
Peas
Potato
Pumpkin
Sweet potato
Yam

Beans and Lentils:

Black beans
Edamame/Soybeans
Garbanzo beans/chickpeas
Hummus
Kidney beans
Lentils
Pinto Beans
White beans

Fruits:

Apple, fresh
Apples, dried
Applesauce
Apricots, fresh
Apricots, dried
Bananas
Blackberries
Blueberries
Cantaloupe
Cherries
Clementines/Cuties
Dried cranberries
Figs
Fruit Cocktail
Grapes
Grapefruit
Honeydew
Kiwi
Mandarin oranges
Mango, fresh
Mango, dried
Nectarine
Orange
Papaya
Peach, fresh
Peaches, canned
Pear, fresh
Pears, canned
Pineapple
Pineapple, canned
Plum
Pluot
Prunes
Raisins
Raspberries
Strawberries
Tangelo
Tangerine
Watermelon

Dairy:

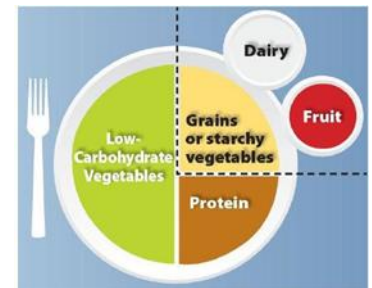
Greek yogurt, flavored
Milk (skim or 1%)
Soy milk
Yogurt, regular

Fats:

Oils
Butter
Margarine
Mayonnaise
Salad dressing
Cream cheese
Bacon
Olives
Avocado

Protein:

Almond Butter
Almonds
Beef
Brazil nuts
Canned chicken
Canned tuna
Cashews
Cheese
Chicken
Cottage cheese
Egg whites
Eggs, whole
Fish (e.g. salmon, tilapia, cod)
Greek yogurt, plain nonfat
Ham
Hazelnuts
Lamb
Macadamia nuts
Peanut Butter
Peanuts
Pecans
Pistachios
Pork
Pumpkin seeds/Pepitas
Ricotta cheese
Roast beef
Shellfish (shrimp, scallops, crab)
Soy nuts
Sunflower seeds
Tempeh
Tofu
Turkey
Walnuts



8 Tips to Building a Healthy Meal

Fill ½ of your plate with non-starchy vegetables

- “Eat the rainbow” when choosing vegetables as they’re packed with vitamins, minerals, fiber, and water. These foods fill you up which can help with weight management and lowering blood sugar levels. Choose red, dark green, and orange varieties to brighten up your meal!

Fill ¼ of your plate with lean protein

- Lean proteins such as lean beef, skinless chicken, and steamed fish will help to fill you up while keeping blood sugar levels stable. Plant based proteins such as beans, legumes, lentils, and soy are great as well; as they incorporate more fiber and less fat, however their carbohydrate content will need to be accounted for.

Fill ¼ of your plate with starchy vegetables or whole grains

- These plant-based foods are lower in fat and sodium while providing beneficial phytochemicals, antioxidants, fiber, vitamins, and minerals. Whole grains and starchy vegetables do raise blood sugar levels, but do not need to be avoided. Choosing higher fiber options along with watching the portions consumed are key.

Don’t drink your calories

- Liquids aren’t as filling as solids and can easily provide excess calories to a meal—contributing to weight gain and higher blood sugar readings. Water is the best choice as it doesn’t provide sugars or calories—add some cucumbers or kiwi slices for a splash of color and taste! Avoid juice and soda which can easily contribute 30+ grams of carbohydrates and 100+ calories which can contribute to weight gain and higher blood sugar readings.

Avoid extra fats

- Cheese, salad dressing, gravy, and other condiments can contribute extra calories without you even noticing; due to fat having more calories in smaller portions. Try squeezing lemon over your veggies or some fresh salsa on a salad instead.

Slow down

- Limit distractions and savor your food. Notice the colors, textures, and tastes. This can help you to realize when you’re satisfied and prevent overeating.

Use smaller plates

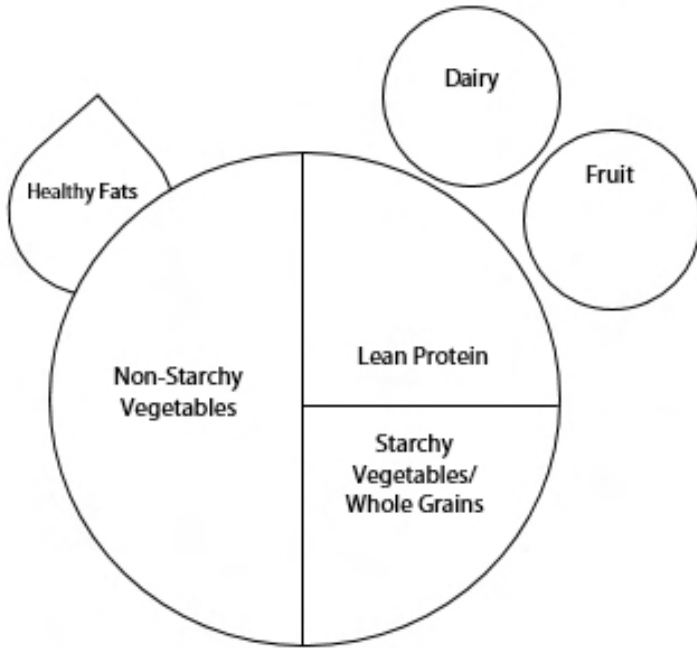
- Follow the plate method, using a 9” plate to help with portion control. Visually, your plate will be full of delicious food and you likely won’t feel deprived.

Try new cooking methods

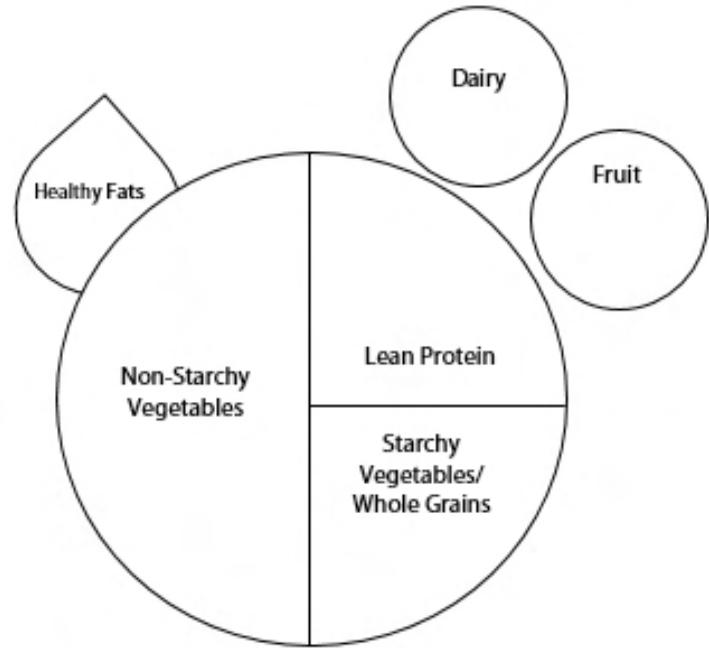
- Cooking at home more often will put you in control of your food. Trying new methods such as baking or steaming instead of frying will help you limit your fat and calorie intake. If you’re new to cooking, that’s okay! Cooking takes practice, and the more you do it the more comfortable you’ll become. Your dietitian can help you with new meal ideas!

Let's Practice!

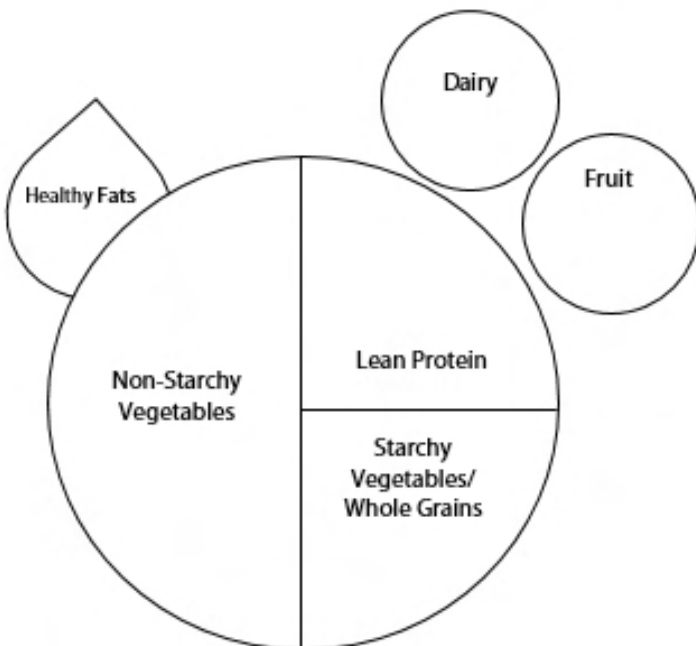
Breakfast



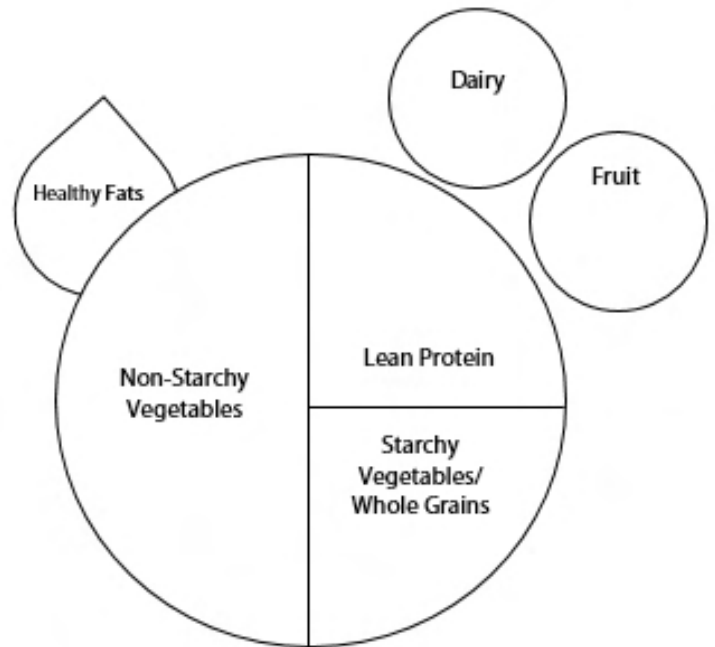
Lunch



Dinner



Snack



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My Grocery List **Week of:** _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Snacks							

Fruits/Vegetables	Dairy Products	Protein	Grains, pasta, rice, cereal	Other