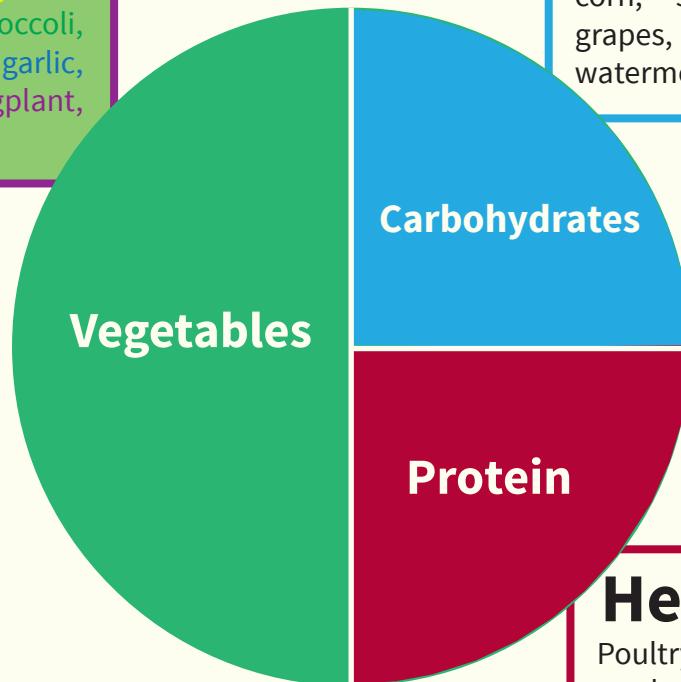




Healthy Plate

Eat the Rainbow

Red onion, rhubarb, radicchio, beets, carrots, pumpkin, butternut squash, golden beets, yellow peppers, spinach, herbs, broccoli, artichokes, cauliflower, garlic, parsnips, purple cabbage, eggplant, Belgian endive



Whole Grains & Fruit

Quinoa, brown rice, wild rice, pearled barley, rolled oats, bulgur, corn tortillas, whole grain bread, corn, sweet potatoes, berries, grapes, apples, bananas, kiwi, figs, watermelon

Combination Ideas:

(Pick foods from at least two of the three categories)

Breakfast

Oatmeal + Milk + Walnuts + Pumpkin
Berries + Plain Yogurt + Chia Seeds
Whole Grain Toast + Almond Butter + Apple Slices
Pumpkin or Spinach Smoothie (recipe on back)
Overnight Oats Recipe (recipe on back)

Snacks

Dried Fruit + Almonds
Carrot Sticks + Peanut Butter
Chopped Herbs + Hardboiled Egg
Cauliflower + Snap Peas + Hummus
Tofu Pudding (recipe on back)
Roasted Lentils (recipe on back)

Healthy Protein

Poultry, fish, beans, lentils, nuts, nut butters, seeds, tofu, eggs, milk, yogurt

Lunch/Dinner

Corn Tortilla + Wild Salmon + Arugula + Peppers
Quinoa + Chicken + Asparagus
Whole Wheat Pasta + Cannellini Beans + Spinach + Tomato Sauce
Wild Rice + Lentils + Red Onion + Summer Squash
Spring Rolls (recipe on back)
Mason Jar Salad (recipe on back)

PUMPKIN PIE SMOOTHIE

PUMPKIN PIE SMOOTHIE

1 cup plain lowfat kefir
1 cup canned pumpkin
1 ½ Tablespoons chia seeds
4 Medjool dates
1 teaspoon pumpkin pie spice
½ teaspoon vanilla extract
½ cup unsweetened vanilla almond milk
1 cup ice
½ banana

Optional: 1 tablespoon maple syrup, 1 teaspoon pumpkin pie spice, 1 tablespoon nut butter, ¼ cup nuts

Combine all the ingredients in the blender and blend until smooth, adjust to your taste. Makes 2 servings- 12 fluid oz each.

MASON JAR ASIAN SALAD

[Bottom of Jar]

3 Tablespoons of any Asian vinaigrette
½ cup edamame beans
½ cup cooked wheat berries or other whole grain
½ cup sliced carrots
½ cup sliced red bell peppers
2 tablespoons cashews
½ cup chopped cilantro
Fill remainder of jar with baby spinach (~2-3 handfuls)

[Top of Jar]

Add ingredients to mason jar in the order that they are listed above. Place jar in fridge as soon as possible. Enjoy for lunch or dinner the next day! Can make several ahead of time and eat through out the week.

CHOCOLATE MOUSSE

1 box of silken tofu, 16oz
1/3 cup dark chocolate chips
1 Tablespoon maple syrup
1/8 teaspoon salt

Place all ingredients into double boiler and heat. Stir occasionally as the chocolate melts. Pour into food processor or use immersion blender to whip. Whip for approximately 5 mins to incorporate air and further blend ingredients. Pour into single servings and refrigerate for at least 3-4 hrs before eating.

OVERNIGHT OATS

(no cooking required!)

1/3 cup rolled oats
1/3 – 1/2 cup milk
1/3 cup plain yogurt
1/2 banana
½ Tablespoon chia seeds
Pinch cinnamon

Mix ingredients well; enjoy the next day!

VEGETABLE SPRING ROLLS WITH SPICY PEANUT DIPPING SAUCE

For the Rolls

Rice wrapping paper
Pan of water
Veggies of choice (i.e. carrots, jalapeños, basil)
Optional Protein (i.e. tofu, shrimp, chicken)

For the Sauce

2 tablespoons peanut butter
2 tablespoons light coconut milk
1 tablespoon low sodium soy sauce
1 tablespoon toasted sesame seed oil
Red pepper flakes to taste

Slice vegetables. Mix sauce ingredients in small bowl. Dip rice sheets in water for up to one full minute. Place veggies at one end, roll and tuck into damp rice paper. Dip in sauce and enjoy!

CRUNCHY ROASTED LENTILS

Spicy Chili Flavor:

2 cups cooked lentils (not red)
1 tablespoon oil
1/2 teaspoon salt
1/2 teaspoon cayenne pepper
1 teaspoon chili powder
1 teaspoon cumin

Preheat your oven to 400°F and line a baking sheet with parchment paper. Place the lentils on the pan and toss to coat with all other ingredients. Roast in the oven for 15 minutes, stir, and roast for another 10-15 minutes until fully crunchy. Watch closely towards the end so they don't burn. Taste, then add more seasoning (if needed) and toss to coat. Let cool before eating. Store in an airtight container at room temperature once cooled. **To prepare raw lentils:** 1 cup dry lentils = approx. 2 cups cooked

