

Healthy Eating Every Day of the Week

Here are some smart meal ideas for a full week of delicious and nutritious eating!

Day One

Breakfast

Apple cinnamon oatmeal

- 1 medium apple
- ½ cup rolled oats (dry)
- 3 tbsp almonds/walnuts
- 1 tsp cinnamon

1 glass (8 oz) 2% milk

Preparation:

In a microwave-safe bowl, combine rolled oats, diced apple, chopped almonds/walnuts, and cinnamon. Mix together and microwave, covered, for 2 minutes. Stir, and heat in the microwave for another 2 minutes.

Lunch

Whole wheat chicken sandwich

- 3 oz sliced, roasted chicken breast
- 2 pieces of lettuce
- 2 tbsp light mayonnaise
- 2 thin apple slices

5 dried apricots and 1 oz walnuts

Afternoon Snack

1 peach

1 8 oz container low fat plain yogurt

Dinner

Simple turkey chili (4 servings)

- 1 lb extra lean ground turkey
- ¼ cup low fat shredded cheddar cheese
- 1 can low sodium black beans
- 16 oz roasted red peppers
- ½ cup frozen corn
- 1 can chicken broth
- 2 tsp cumin

¼ cup low fat shredded cheddar cheese

1 flour tortilla

1 cup of raspberries

Preparation:

Cook ground turkey in a medium-sized sauce pan over medium/high heat until browned (≈ 8 minutes). Add beans (drained and rinsed), red peppers, broth, corn, and cumin. Bring to a boil. Once boiling reduce heat and simmer.

Day Two

Breakfast

Scrambled eggs

1 whole egg

4 egg whites

2 slices whole wheat toast (at least 3 g fiber per slice)

1 tbsp margarine

1 glass (8 oz) 2% milk

1 banana

Preparation:

In a bowl, mix the egg whites and eggs together. Coat a nonstick pan with fat free cooking spray over medium heat. After pan is heated (\approx 1 minute), add egg mixture and scramble until eggs are cooked through. While eggs are cooking, place whole wheat toast in toaster; when toasted, spread margarine on toast.

Lunch

Turkey sandwich on whole wheat bread

2 slices whole wheat bread (3 g fiber per slice)

4 oz low sodium sliced turkey breast

1 tbsp Dijon mustard

2 pieces of lettuce

Thinly sliced cucumber

2 slices of low fat cheddar cheese

1 glass (8 oz) 2% milk

1 apple

Afternoon Snack

1 oz walnuts

¼ cup raisins

Dinner

Chicken with brown rice and apricots

5 oz boneless skinless chicken breast

½ cup brown rice (dry)

1. cups water

½ cup chopped apricots

4 oz chicken broth

1 tbsp canola oil

1 tsp cumin

Side spinach salad

2 cups spinach

½ cup mushrooms

2 oz sunflower seeds

2 tbsp low fat ranch salad dressing

Preparation:

Preheat the oven to 400 degrees. Combine water and brown rice in a small sauce pan. Bring to a boil, reduce heat, stir in canola oil, cover, and simmer for 45 minutes. Turn off heat, let sit for 10 minutes. When the oven is preheated, rub chicken breast with cumin and place on a baking sheet. Cook for 22-25 minutes. Stir apricots and broth in with brown rice and serve with chicken breast.

Day Three

Breakfast

Blueberry parfait

- ½ cup low fat granola
- 1 oz walnuts
- 1 cup fresh blueberries
- ¾ cup low fat plain yogurt

1 glass (8 oz) almond milk

Lunch

Meatball sub

- 1 whole grain roll
- ½ cup pasta sauce (non-tomato based)
- 2 oz olive oil
- 1 tbsp grated parmesan cheese
- 4 hearty meatballs

1 Bosc pear

Hearty meatballs (4 servings)

- 1 lb 95% lean ground beef
- 4 tbsp flaxmeal
- 1 tbsp olive oil
- 2 egg whites
- 2 oz white bulb of fennel, finely diced

Preparation:

Preheat oven to 400 degrees. Thoroughly mix all ingredients together in a bowl. Roll meatball mixture into 12 meatballs (approximately 2 inches in diameter). Place on baking pan in oven for 17 minutes, until the juices are clear or internal temperature is 160 degrees.

Afternoon Snack

1 cup fresh raspberries

1 cup low fat plain yogurt

Dinner

Salmon with roasted broccoli

- 4 oz salmon fillet
- 3 cups broccoli, florets (frozen)
- 2 tbsp sliced almonds
- 1 tbsp Dijon mustard

½ cup brown rice (dry)

1¼ cups water

1 glass (8 oz) 2% milk

Preparation:

Preheat oven to 425 degrees. Combine water and brown rice in a small sauce pan. Bring to a boil, reduce heat, cover, and simmer for 45 minutes. Turn off heat, let sit for 10 minutes. Place the salmon in a shallow baking dish, add 2 tbsp water to the pan. Spread the Dijon mustard over the salmon. Surround the salmon with the vegetables and almond slices. Sprinkle with salt. Bake for 12-15 minutes.

Day Four

Breakfast

- 1½ cups raisin bran cereal
- 1 glass (8 oz) 2% milk
- 1 banana, sliced
- ½ cup strawberries, sliced

Lunch

4 oz roasted chicken breast

2 cups broccoli florets, steamed with 2 tsp extra virgin olive oil

Potato salad (2 servings)

- 3 red potatoes, medium
- 4 tbsp reduced fat mayonnaise
- 1 stalk celery, diced
- 1 tbsp Dijon mustard
- 3 tbsp chives, fresh, diced

Preparation:

Place the potatoes in a medium sized pot of boiling water. Cook for ≈ 15 minutes, until the potatoes are fork tender. Once the potatoes are cooked remove them from the pot and let cool. Next, place in a bowl the mayonnaise, chives, celery, and mustard. When the potatoes have cooled, cut them up into 1-inch cubes. Add to the bowl and mix thoroughly. Add salt, and seasoning to your desired taste.

Afternoon Snack

1 whole wheat pita

¼ cup hummus

10 baby carrots

Dinner

Penne pasta with spinach and meatballs

- 2 oz penne pasta
- 2 tbsp flaked parmesan or asiago cheese
- 1/2 cup frozen spinach
- 2 tsp extra virgin olive oil
- 4 hearty meatballs (leftover from Day 3)

Preparation:

Cook pasta according to directions on box. While pasta is cooking, place pasta sauce, frozen spinach, meatballs, and olive oil into a medium sauce pan over medium heat until pasta sauce and meatballs are warmed through. Mix with cooked pasta and enjoy.

Day Five

Breakfast

- 1½ cups Cheerios
- 1 cup 2% milk
- ½ cup fresh blueberries
- 1 oz walnuts
- 1 glass (8 oz) strawberry-banana juice

Lunch

Spinach salad with tuna fish

- ½ can chunk white canned tuna (in water, drained)
- 4 cups baby spinach
- ½ cup canned chickpeas, low sodium, rinsed
- 1 hardboiled egg, diced
- ½ cup sliced cucumbers
- 2 tbsp shelled sunflower seeds
- 1 tspn balsamic vinegar
- 1 tbsp extra virgin olive oil

1 cup tiny twist pretzels

Afternoon Snack

- ½ cup low fat cottage cheese
- 1 red anjou pear
- 1 oz almonds

Dinner

Flank steak and baked sweet potato

- 1 sweet potato
- 5 oz flank steak
- 2 tspn fresh rosemary
- 1 tsp salt
- 2 tbsp reduced fat sour cream

Side salad

- 2 cups chopped romaine lettuce
- ½ cup sliced cucumbers
- 2 tbsp sliced almonds

1 glass (8 oz) 2% milk

1 cup fresh strawberries, sliced

Preparation:

Rub steak with salt and rosemary on both sides. Heat frying pan over medium/high heat. Once pan is heated, place steak on pan for 4 minutes. After 4 minutes, flip and cook for another 3 minutes. Depending on the thickness of the flank steak, this cooking method will produce a steak cooked to a medium doneness. While steak is cooking, pierce the sweet potato with a fork in several places, wrap in a paper towel and cook in the microwave for 4-5 minutes. Remove from microwave (it will be steaming, so be careful), cut open, and add sour cream.

Day Six

Breakfast

Omelet with pepper and cheese

- 1 whole egg
- 4 egg whites
- ¼ cup reduced fat cheddar cheese
- ¼ red bell pepper, diced
- 2 oz diced white bulb of fennel

2 slices whole wheat toast (at least 3 grams of fiber per slice)

½ cup low fat plain yogurt with ½ cup fresh blueberries

Preparation:

Mix together in a bowl egg whites, whole egg, onions, and peppers. Coat non-stick pan with fat free cooking spray over a medium heat. After pan is heated (≈ 1 minute) add egg mixture and let cook, occasionally lifting with a spatula so that the uncooked portion of the egg mixture will be exposed to the pan.

Once egg mixture is solidified (but not necessarily completely cooked through), add cheese and fold omelet in half on top of itself covering the cheese.

Reduce heat and let cook until cheese is melted and eggs are cooked through (≈ 1-2 minutes).

Lunch

Roast beef sandwich on whole wheat bread

- 3 oz sliced roast beef
- 2 slices whole wheat bread (at least 3 grams of fiber per slice)
- 2 slices low fat cheddar cheese
- 2 tbsp low fat mayonnaise
- 2 pieces of lettuce
- Thin slices of cucumber

1 fuji apple

5 whole wheat crackers

Afternoon Snack

- 2 tbsp natural peanut butter**
- 2 stalks fresh celery, cut in 3 in pieces**
- 1 apple**

Dinner

Parmesan crusted cod

5 oz Atlantic cod

- 2 tsp extra virgin olive oil
- 2 tbsp grated parmesan cheese

1 cup quinoa (cooked according to directions on package, mix with red bell pepper after cooked)

1 red bell pepper, diced

Preparation:

Preheat oven to 400 degrees. In a shallow bowl, olive oil, and Parmesan cheese. Next, coat the cod fillet in the cheese mixture (both sides). Place cod in the oven on a baking sheet for 10 minutes or until cooked through (the inside of the cod should be completely opaque).

Day Seven

Breakfast

Breakfast burrito

- 2 flour tortillas
- ¼ bell pepper, chopped
- 2 oz diced white bulb of fennel
- 4 egg whites
- 1 whole egg
- 1 tbsp cilantro
- 2 tsp canola oil
- ½ tsp salt

1 glass (8 oz) 2% milk

Preparation:

Mix together in a bowl the egg whites and eggs. Coat nonstick pan with fat free cooking spray over a medium heat. After pan is heated (≈ 1 minute), add eggs, pepper, fennel and salt. Scramble until eggs are cooked through. Mix in cilantro. Portion egg mixture onto the two flour tortillas, roll each tortilla into a burrito, and enjoy.

Lunch

1 cup couscous, cooked

½ cup edamame beans

Red pepper basil salad

- 1 small red pepper, diced
- 4 fresh basil leaves, chopped
- 1 tbsp extra virgin olive oil
- 2 tbsp shredded part skim mozzarella

Preparation:

Cook couscous according to directions on package. Place edamame beans on a baking sheet; sprinkle with salt, and drizzle with extra virgin olive oil. Roast beans in a 350 degree oven for 10 minutes, stirring occasionally. While edamame beans are roasting, mix basil salad ingredients together in a bowl and add salt to taste.

Afternoon Snack

Trail mix

- 2 tbsp chopped walnuts
- ½ oz almonds (≈ 11 nuts)
- ¼ cup raisins

Dinner

Tilapia with papaya

5 oz tilapia

- 2 tspns fresh thyme
- 1 tbsp canola oil
- 4 papaya slices

1 cup brown rice, cooked

½ cup low sodium black beans, canned, rinsed

Preparation:

Heat canola oil in a medium-sized nonstick pan over medium/high heat. While pan is warming up, rub salt and thyme into both sides of tilapia. Once the oil is hot, add seasoned fish. Cook each side for 3 minutes. Remove from heat, top with papaya, and serve with side of brown rice and black beans.