

# NUTRITION ACTION PLAN

Overwhelmed with menu planning? Let us do the work: Mix and match from these healthy breakfast, lunch, and dinner options.

breakfast	lunch	snacks	dinner
<p>&gt; 1 poached egg with 1 cup sweet potato hash (sweet potato, shiitake mushrooms, onion, garlic) <i>Calories: 260</i></p> <p>&gt; Sliced banana or apple with 1 tablespoon nut butter; add a sprinkle of ground flaxseed or rice bran for more fiber <i>Calories: 220</i></p> <p>&gt; 1 cup organic yogurt with 1 cup fresh, seasonal fruit (or frozen berries) and 1 tablespoon mixture of chopped raw nuts and seeds <i>Calories: 260</i></p> <p>&gt; 1 cup miso soup with ½ cup tofu and edamame <i>Calories: 220</i></p> <p>&gt; 1 piece sprouted-grain toast with 1 tablespoon nut butter and fresh fruit <i>Calories: 240</i></p>	 <p>&gt; <i>Green salad with salmon</i></p> <p>&gt; Antipasto salad with beans (1 cup white beans or garbanzo beans), 4 hearts of palm, ½ cup artichoke hearts, 5 olives, 3 slices roasted red pepper, 1 tablespoon olive oil <i>Calories: 660</i></p> <p>&gt; 2 cups green salad with ½ cup baked tofu or tempeh, or 3 ounces grilled chicken or salmon; dressing made from 2 teaspoons extra-virgin olive oil, 2 teaspoons fresh lemon juice, and 1 teaspoon fresh-chopped herbs <i>Calories: 350</i></p> <p>&gt; Hempseed or pumpkin-seed wrap at least 1 inch thick with veggies (grated carrots, cucumber, red pepper), protein (white bean spread, canned wild salmon), and healthy fat (avocado, olive oil) <i>Calories: 680</i></p> <p>&gt; Buddha Bowl: grain (½ cup steamed quinoa, millet, brown rice), 3 ounces tofu or ½ cup beans, 1 cup vegetables, herbs and spices (bay leaf or turmeric), 2 teaspoons organic sesame oil, and a splash of wheat-free tamari <i>Calories: 350</i></p>	<p>&gt; 1 cup raw veggies with ¼ cup bean spread or hummus <i>Calories: 140</i></p> <p>&gt; 4 kelp crackers <i>Calories: 25</i></p> <p>&gt; Handful of nuts and/or seeds <i>Calories: 170</i></p> <p>&gt; Energy bar (based on whole foods like nuts, seeds, and dried fruits) <i>Calories: 210</i></p> <p>&gt; 5 endive leaves spread with ¼ cup olive tapenade <i>Calories: 100</i></p> <p>&gt; Snap peas dipped in 1/3 cup hummus <i>Calories: 180</i></p> <p>&gt; 6 ounces veggie juice <i>Calories: 38</i></p> <p>&gt; Handful of black bean chips with salsa <i>Calories: 180</i></p> <hr/> <p>treats</p> <p>&gt; Coconut chai <i>Calories: 120</i></p> <p>&gt; Homemade hot cocoa (high-quality cocoa powder, almond milk, honey) <i>Calories: 130</i></p> <p>&gt; Coconut-rolled dates <i>Calories: 200</i></p> <p>&gt; Homemade muffins made with whole-grain flour, blackstrap molasses, apple, and cinnamon <i>Calories: 170</i></p>	<p>&gt; 3 ounces grilled fish or chicken with medium sweet potato, 1 cup steamed broccoli, salad <i>Calories: 310</i></p> <p>&gt; 4 ounces tofu and 2 cups veggie stir-fry over 1 cup buckwheat noodles (with fresh lime juice and wheat-free tamari for sauce) <i>Calories: 360</i></p> <p>&gt; Sprouted-corn tortilla with ½ cup black beans, 1 cup veggies, salsa, red onion, and ¼ avocado <i>Calories: 320</i></p> <p>&gt; 1 cup of minestrone, black bean, or lentil soup with seasonal veggies <i>Calories: 350</i></p>  <p>&gt; <i>Veggie stir-fry</i></p> <hr/> <p><i>All calories are approximate.</i></p> <hr/> <p>Prop styling by Julie Ho, wardrobe styling by Lulu Chen, hair and makeup by Gigi Gommers, food styling by Jee Levin</p>
 <p>&gt; <i>Buddha Bowl</i></p>			