## Meal Planning Made Easy - Mix and Match

**Choose one:** 

**Choose one:** 

**Choose two servings:** 

| Lean Protein (3 - 4 ounces)       Grains/Starchy Vegetables (cooked) (each serving = 30 g carbs)       Non- Starchy Vegetables (1 cup raw or 1/2 cup cooked = 5 carbs)         Skinless Turkey Breast       2 slice Whole Grain Bread       Bell Peppers (Red, Green, orange, yellow)         Skinless Chicken Breast       1 Whole Wheat Bagel Thin or English Muffin       Broccoli/Brussels' Sprouts         Tuna (canned in water)       2/3 cup Brown Rice       Carrots         Tilapia, Haddock, Cod (Baked, broiled, grilled)       1 cup Sweet Potatoes       Cauliflower         Salmon (Baked, broiled, grilled)       1 cup Edamame       Cooked Greens - Collard, Turnip, Kale, Bok Choy         Shrimp (Baked, broiled, grilled)       1 cup Beans (pinto, black, kidney, garbanzo)       Fresh Greens - Spinach, Romaine, Lettuce         2 Hard Boiled Eggs (limit yolks)       1 cup Oatmeal       Cabbage - Red, Purple, Green         3 Egg Whites or ½ cup Egg Substitute       1 cup Butternut Squash/Acorn Squash       Tomatoes         ½ cup low-fat cheese       1 cup Corn       Zucchini or Yellow Squash         1 cup Non-fat Plain Greek yogurt       1 cup Peas       Mushrooms         Low-fat Cheese       2/3 cup Whole Grain Pasta       Green Beans         Tofu (Baked, broiled, grilled)       2/3 cup Quinoa       Sugar Snap Peas         Tempeh       1 cup Couscous       Cucumber         Pork Loin Chop <th>- Choose one.</th> <th>Choose one.</th> <th>choose two servings.</th> | - Choose one.                         | Choose one.               | choose two servings.             |
|---|---------------------------------------|---------------------------|----------------------------------|
| Skinless Chicken Breast  I Whole Wheat Bagel Thin or English Muffin  Tuna (canned in water)  Z/3 cup Brown Rice  Carrots  Tilapia, Haddock, Cod (Baked, broiled, grilled)  Salmon (Baked, broiled, grilled)  Shrimp (Baked, broiled, grilled)  1 cup Beans (pinto, black, kidney, garbanzo)  2 Hard Boiled Eggs (limit yolks)  1 cup Oatmeal  Cabbage – Red, Purple, Green  3 Egg Whites or % cup Egg Substitute  1 cup Butternut Squash/Acorn  Squash  4 cup low-fat cheese  1 cup Corn  Tomatoes  Low-fat Cheese  2/3 cup Whole Grain Pasta  Tofu (Baked, broiled, grilled)  2/3 cup Quinoa  Sugar Snap Peas  Tempeh  1 cup Couscous  Cabbage – Red, Purple, Green  Zucchini or Yellow Squash  Mushrooms  Low-fat Cheese  2/3 cup Quinoa  Sugar Snap Peas  Tempeh  1 cup Couscous  Cucumber  Pork Loin Chop  1/3 cup Ferro  Asparagus  Sirloin or Round Steak   | Lean Protein (3 - 4 ounces)           | (cooked)                  | (1 cup raw or 1/2 cup cooked = 5 |
| English Muffin  Tuna (canned in water)  2/3 cup Brown Rice  Carrots  Tilapia, Haddock, Cod (Baked, broiled, grilled)  Salmon (Baked, broiled, grilled)  Shrimp (Baked, broiled, grilled)  Shrimp (Baked, broiled, grilled)  1 cup Beans (pinto, black, kidney, garbanzo)  1 cup Oatmeal  Cabbage – Red, Purple, Green  3 Egg Whites or % cup Egg Substitute  1 cup Butternut Squash/Acorn Squash  % cup low-fat cheese  1 cup Corn  Tomatoes  1 cup Non-fat Plain Greek yogurt  1 cup Peas  Mushrooms  Low-fat Cheese  2/3 cup Whole Grain Pasta  Tofu (Baked, broiled, grilled)  2/3 cup Quinoa  Sugar Snap Peas  Tempeh  1 cup Couscous  Cucumber  Pork Loin Chop  1/3 cup Ferro  Asparagus  English Muffin  Carrots  Cauliflower  Cauliflower  Cooked Greens – Collard, Turnip, Kale, Bok Choy  Fresh Greens – Spinach, Romaine, Lettuce  Cabbage – Red, Purple, Green  Tomatoes  Tomatoes  Yeach Cabbage – Red, Purple, Green  Tomatoes  Squash  Tomatoes  Auschini or Yellow Squash  Green Beans  Tofu (Baked, broiled, grilled)  2/3 cup Quinoa  Sugar Snap Peas  Tempeh  1 cup Couscous  Cucumber  Pork Loin Chop  1/3 cup Ferro  Asparagus  Sirloin or Round Steak  2/3 cup Barley  Eggplant  | Skinless Turkey Breast                | 2 slice Whole Grain Bread |                                  |
| Tilapia, Haddock, Cod (Baked, broiled, grilled)  Salmon (Baked, broiled, grilled)  Shrimp (Baked, broiled, grilled)  Shrimp (Baked, broiled, grilled)  1 cup Beans (pinto, black, kidney, garbanzo)  1 cup Beans (pinto, black, kidney, garbanzo)  1 cup Oatmeal  1 cup Oatmeal  1 cup Butternut Squash/Acorn Squash  3 Egg Whites or % cup Egg Substitute  1 cup Butternut Squash/Acorn Zucchini or Yellow Squash  1 cup Non-fat cheese  1 cup Corn  2 ucchini or Yellow Squash  1 cup Peas  Mushrooms  Low-fat Cheese  2/3 cup Whole Grain Pasta  Tofu (Baked, broiled, grilled)  2/3 cup Quinoa  Sugar Snap Peas  Tempeh  1 cup Couscous  Cucumber  Pork Loin Chop  1/3 cup Ferro  Asparagus  Sirloin or Round Steak  2/3 cup Barley  Eggplant   | Skinless Chicken Breast               | _                         | Broccoli/Brussels' Sprouts       |
| Salmon (Baked, broiled, grilled)  Salmon (Baked, broiled, grilled)  Shrimp (Baked, broiled, grilled)  1 cup Beans (pinto, black, kidney, garbanzo)  2 Hard Boiled Eggs (limit yolks)  1 cup Oatmeal  1 cup Oatmeal  Cabbage – Red, Purple, Green  3 Egg Whites or ¾ cup Egg Substitute  1 cup Butternut Squash/Acorn Squash  ¾ cup low-fat cheese  1 cup Corn  I cup Peas  Mushrooms  Low-fat Cheese  2/3 cup Whole Grain Pasta  Green Beans  Tofu (Baked, broiled, grilled)  2/3 cup Quinoa  Sugar Snap Peas  Tempeh  1 cup Couscous  Cucumber  Pork Loin Chop  1/3 cup Ferro  Asparagus  Sirloin or Round Steak  2/3 cup Barley  Eggplant   | Tuna (canned in water)                | 2/3 cup Brown Rice        | Carrots                          |
| Shrimp (Baked, broiled, grilled)  1 cup Beans (pinto, black, kidney, garbanzo)  2 Hard Boiled Eggs (limit yolks)  1 cup Oatmeal  Cabbage – Red, Purple, Green  1 cup Butternut Squash/Acorn Squash  4 cup Iow-fat cheese  1 cup Corn  Cucchini or Yellow Squash  1 cup Non-fat Plain Greek yogurt  Low-fat Cheese  2/3 cup Whole Grain Pasta  Tofu (Baked, broiled, grilled)  7 cup Couscous  Tempeh  1 cup Couscous  Cucumber  Pork Loin Chop  1/3 cup Ferro  Asparagus  Eggplant  | broiled, grilled)                     | 1 cup Sweet Potatoes      |                                  |
| garbanzo)  Lettuce  2 Hard Boiled Eggs (limit yolks)  1 cup Oatmeal  Cabbage – Red, Purple, Green  Tomatoes  Squash  Cup low-fat cheese  1 cup Corn  Cucchini or Yellow Squash  1 cup Non-fat Plain Greek yogurt  Low-fat Cheese  2/3 cup Whole Grain Pasta  Tofu (Baked, broiled, grilled)  Zucchini or Yellow Squash  Cucumber  Tofu (Baked, broiled, grilled)  1 cup Couscous  Cucumber  Pork Loin Chop  1/3 cup Ferro  Asparagus  Sirloin or Round Steak  Z/3 cup Barley  Eggplant  | Salmon (Baked, broiled, grilled)      | 1 cup Edamame             | • •                              |
| 3 Egg Whites or ¾ cup Egg Substitute  1 cup Butternut Squash/Acorn Squash  ¾ cup low-fat cheese 1 cup Corn  1 cup Peas  Mushrooms  Low-fat Cheese 2/3 cup Whole Grain Pasta  Tofu (Baked, broiled, grilled)  2/3 cup Quinoa  Tempeh 1 cup Couscous  Cucumber  Pork Loin Chop 1/3 cup Ferro  Asparagus  Sirloin or Round Steak  2/3 cup Barley  Eggplant   | Shrimp (Baked, broiled, grilled)      |                           | •                                |
| Squash  3/4 cup low-fat cheese  1 cup Corn  2 cuchini or Yellow Squash  1 cup Non-fat Plain Greek yogurt  1 cup Peas  Low-fat Cheese  2/3 cup Whole Grain Pasta  Tofu (Baked, broiled, grilled)  2/3 cup Quinoa  Sugar Snap Peas  Tempeh  1 cup Couscous  Cucumber  Pork Loin Chop  1/3 cup Ferro  Asparagus  Sirloin or Round Steak  2/3 cup Barley  Eggplant  | 2 Hard Boiled Eggs (limit yolks)      | 1 cup Oatmeal             | Cabbage – Red, Purple, Green     |
| 1 cup Non-fat Plain Greek yogurt  1 cup Peas  Low-fat Cheese  2/3 cup Whole Grain Pasta  Tofu (Baked, broiled, grilled)  2/3 cup Quinoa  Sugar Snap Peas  Tempeh  1 cup Couscous  Cucumber  Pork Loin Chop  1/3 cup Ferro  Asparagus  Sirloin or Round Steak  2/3 cup Barley  Eggplant  | 3 Egg Whites or ¾ cup Egg Substitute  | 1                         | Tomatoes                         |
| Low-fat Cheese 2/3 cup Whole Grain Pasta Green Beans  Tofu (Baked, broiled, grilled) 2/3 cup Quinoa Sugar Snap Peas  Tempeh 1 cup Couscous Cucumber  Pork Loin Chop 1/3 cup Ferro Asparagus  Sirloin or Round Steak 2/3 cup Barley Eggplant   | ¾ cup low-fat cheese                  | 1 cup Corn                | Zucchini or Yellow Squash        |
| Tofu (Baked, broiled, grilled)  2/3 cup Quinoa  Sugar Snap Peas  Tempeh  1 cup Couscous  Cucumber  Pork Loin Chop  1/3 cup Ferro  Asparagus  Sirloin or Round Steak  2/3 cup Barley  Eggplant   | 1 cup Non-fat Plain Greek yogurt      | 1 cup Peas                | Mushrooms                        |
| Tempeh 1 cup Couscous Cucumber  Pork Loin Chop 1/3 cup Ferro Asparagus  Sirloin or Round Steak 2/3 cup Barley Eggplant  | Low-fat Cheese                        | 2/3 cup Whole Grain Pasta | Green Beans                      |
| Pork Loin Chop 1/3 cup Ferro Asparagus Sirloin or Round Steak 2/3 cup Barley Eggplant   | <b>Tofu</b> (Baked, broiled, grilled) | 2/3 cup Quinoa            | Sugar Snap Peas                  |
| Sirloin or Round Steak 2/3 cup Barley Eggplant  | Tempeh                                | 1 cup Couscous            | Cucumber                         |
| . , ,   | Pork Loin Chop                        | 1/3 cup Ferro             | Asparagus                        |
| 95% Lean Ground Beef 2/3 cup Buck wheat Radishes  | Sirloin or Round Steak                | 2/3 cup Barley            | Eggplant                         |
|   | 95% Lean Ground Beef                  | 2/3 cup Buck wheat        | Radishes                         |

Remember Your Snack Goal:

15 – 30 g carbohydrate

150 calories or less

## Make a Healthy Snack Pair a Protein with a Carbohydrate

Choose One Choose One

| Protein/Healthy fat  | Carbohydrate                       |
|--|------------------------------------|
| Handful of Nuts (almonds, cashews, walnuts, pecans, peanuts, pistachios) | Orange                             |
| 1 Tbsp Peanut-Butter or Almond-Butter                                    | Apple                              |
| Cottage Cheese (½ cup)   | Strawberries (1 cup)               |
| Low Fat String Cheese  | Pear                               |
| Hummus (1/4 cup)   | Celery sticks / Grape tomatoes     |
| 1 Hard Boiled Egg  | Carrot sticks                      |
| Low Fat Plain Greek Yogurt (¾ Cup)                                       | Blueberries (1 cup)                |
| Avocado (1/4 cup)  | Whole wheat crackers (4 – 5 small) |
| Pumpkin Seeds (1/4 cup)  | Small Banana                       |
| EAS Advant EDGE Protein Shake (110 calories, 15 g protein, 5 carbs)      | Bell Pepper slices                 |
|  |                                    |