



## Lunch & Dinner Ideas to Maximize Your Body's Potential

**Plan your meals around the vegetables.** 1 – 1½ cup raw, cut up with low-fat salad dressing, grilled, leftovers, frozen (taken in a Tupperware container and reheated at work), or lettuce (2-3 cups leafy dark greens).

**'Decide how you want to feel when you're done eating. Fill your place or order accordingly.'**

- Michelle May

- **Mealtime Salads:** Although lettuce leaves are low-calorie choices, we still need to watch the quantity we're consuming to avoid over-stretching our stomach. The idea is to feel 'satisfied', and not overly 'full'. Add ½ c diced raw veggies or fruit to 2-3 cups lettuce. Next add in your **protein** (2-3oz chicken or fish or very lean red meat, which is the size of a deck of cards; or 1 egg + 1-2 egg whites or ¼ cup nuts). A **high fibre carbohydrate** source is next – beans and lentils, spelt berries, quinoa, bulgur, or millet, ½ c, will slowly release its energy into your blood stream and help prevent the afternoon 'crash'. If you like dried fruit in your salad, add only 1-2 tbsp – its high in kcal and sugar. Dressing should be <40kcal/tbsp.
- **Ryvita crackers or crispbread** (2-3) (look near the bakery/bread section if they aren't with the other crackers at the grocery store) with ½ -1 can tuna or salmon salad (low-fat mayo and plain yogurt work well), 1-2 cups veggies and 2-4 tbsp hummus (or low-fat salad dressing) as the dip. \*\* to boost protein content of hummus try mixing it with 1% cottage cheese!
- **Soup** (add extra veggies if using the canned variety, choose low sodium), with **2-3 oz protein** (about a deck of cards size) and 4-6 **whole grain crackers** – or 10 to 16 small crackers.
- **Whole grain wrap or 1 high fibre whole wheat pita** with hummus, leftover chicken breast, tzatziki, feta, cucumber, lettuce, red onion and tomatoes. **Note:** you can put anything inside, just make sure it includes a protein and veggies.
- **Sandwich** (aim for 3g fibre or more per slice of bread). Add a protein for the filling and veggies on the side.
- **Leftovers** – ¼ of the meal (or plate) should be protein based, ¼ should be grains or starches (Fist size -- this includes corn and potatoes), and ½ your meal (plate) should be vegetables. Another way of looking at it: your meal should always have twice as many veggies as your portion of starch. You can adjust any casserole to meet this recommendation.
- **Stir Fry:** Place 1-3 cups of the veggies and ½ c meat on the plate first, then top with 1/2 to 1 cup brown rice, steamed pearl barley, quinoa or whole grain noodles. 1/4c nuts and ½- ¾ cup beans may be substituted for the meat, or try adding 1-1.5 cups cottage cheese! (vegetarian alternative).
- **Veggie pizza** – spread tomato sauce or pesto on 1 whole wheat high fibre pita, top with a little cheese (try feta or goat!), chicken or steak (any protein will do though), and veggies. Bake the day ahead of time. Eat hot or cold!



## **Snack Ideas to Maximize Your Body's Potential**

If you are hungry between meals, aim for a lower calorie, healthy snack. Most individuals can aim for a 100-200 kcal snack. If you count carbs, aim for less than 20 grams per snack.

- 1 medium piece of fruit or 1 cup berries
- 1 Hard-boiled egg (add 1 piece of fruit if you are particularly hungry)
- Vegetables (snap peas, cucumber, carrots, celery, mushrooms) with 3-4 tbsp hummus or low-fat salad dressing.
- ¼ cup nuts and seeds (pumpkin seeds, sunflower seeds, and almonds are especially nutritious)
- ½ cup plain greek yogurt + ½ cup blueberries and 1tsp ground flaxseed
- ½ cup 1%MF cottage cheese + 4 medium strawberries
- 2 squares Lindt dark chocolate + 2 tbsp sunflower seeds or pumpkin seeds (pepitas)
- 1 string cheese + 1 small apple or pear
- ½ banana + 1 tbsp natural peanut butter or sunflower seed butter
- ½ can tuna or salmon with light mayo wrapped in 2-3 romaine lettuce leaves

**How fast do you eat your meals and snacks?** Eating too fast can often lead to over-eating. To reduce your portion sizes but still stay satisfied, try slowing down, putting your cutlery down between bites, and chewing your food well.