

Plan and Shop for Simple Healthy Meals

“Let food be thy medicine and medicine be thy food.” — Hippocrates

Good nutrition is an important aspect of a healthy lifestyle. If your diet is insufficient in vitamins and minerals, and other nutrients, you may be at higher risk of becoming ill. Food has powerful effects on our bodies. It is important to eat nutritious, balanced meals with adequate hydration throughout the day to keep you healthy and your immune system strong. Here are some easy meal ideas to get you started.

Note: Accessibility Users: Press Alt+Down Arrow to navigate the table and to page 6.

BREAKFAST	LUNCH/DINNER
<ul style="list-style-type: none"> • Peanut Butter Raisin Oatmeal 1 cup cooked oatmeal 3 TBSP peanut butter ¼ cup raisins • 1 cup Orange Juice • 1 cup low-fat milk 	<ul style="list-style-type: none"> • Tuna Salad Sandwich 3 oz Tuna, Mayo (as desired), Spinach leaves Whole Wheat Bread • 1 cup Progresso Southwest Style Black Bean & Veggie soup • ½ cup V-8 Juice (low sodium) • 1 cup low-fat milk • Pudding or Gelatin cup <p>Substitution: Egg Salad can be made with hard boiled eggs and mayo. Eat on sandwich or on a bed of spinach.</p>
<ul style="list-style-type: none"> • Cereal with Fruit 1 cup toasted oat cereal 1 banana • 6-8 oz Greek or Islandic type yogurt with Fruit • ½ cup Orange Juice • 1 cup low-fat milk 	<ul style="list-style-type: none"> • Tuna Spinach Salad with Fruit 2 oz Tuna Spinach leaves/Diced Tomato/ Baby Carrots 1 hard-boiled egg or 1 slice cheese, cut up Blueberries, mandarin oranges, etc. Dressing of your choice • 1 Slice toast with butter • ½ cup V-8 Juice (low sodium) • 1 cup low-fat milk • Pudding or Gelatin cup



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<ul style="list-style-type: none">• Scrambled Eggs with Cheese 2 eggs 2 TBSP milk 1 tsp. butter 1 slice cheese (can also add tomato and spinach if you like)• 1-2 pieces toast with butter/jelly• 1 cup Orange Juice• 1 cup low-fat milk	<ul style="list-style-type: none">• Meatloaf with tomato sauce• ½ cup mashed cauliflower• ½ corn• Fruit cup• 1 slice whole-wheat bread• 1 cup low-fat milk• Pudding or Gelatin cup
<ul style="list-style-type: none">• Yogurt Parfait (layer) 6-8 oz Greek Yogurt ½ cup fruit ½ cup granola• ½ cup Orange Juice• 1 cup low-fat milk	<ul style="list-style-type: none">• Ham Steak -3 oz (the size of your palm)• ½ cup mashed cauliflower• ½ corn• Fruit of your choice• 1 slice whole-wheat bread• 1 cup low-fat milk• Pudding or Gelatin cup
<ul style="list-style-type: none">• Ham and Eggs 1-2 eggs 2 oz Ham 1 tsp. butter• 1-2-pieces toast or English Muffin• 1 cup Orange or V-8 Juice• 1 cup low-fat milk	<ul style="list-style-type: none">• Ham & Cheese Sandwich 2 oz of ham, 1 slice cheese Sliced tomato, spinach, and mayo on whole wheat bread• 1 cup Progresso Southwest Style Black Bean & Veggie soup• Baby carrots• Fruit of your choice• 1 cup low-fat milk



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<ul style="list-style-type: none"> • Egg & Cheese Muffin 1-2 eggs 1 slice cheese 1 tsp. butter • 1 English Muffin • 1 cup Orange or V-8 Juice • 1 cup low-fat milk 	<ul style="list-style-type: none"> • Teriyaki Chicken Rice Bowl If desired scramble 1-2 eggs and add to the rice bowl • ½ cup mashed cauliflower • V-8 Juice • Fruit of your choice (pineapple). Eat cold or heat and add to the rice bowl. • 1 cup low-fat milk • Pudding or Gelatin cup
<ul style="list-style-type: none"> • Waffles with fruit Applesauce or fruit of your choice Syrup 1 tsp. butter • 1 Hard-boiled egg • ½ cup cottage cheese • 1 cup Orange or V-8 Juice • 1 cup low-fat milk 	<ul style="list-style-type: none"> • Roasted Chicken & Roasted Veggies Place frozen Chicken Breast in roasting pan. Spray with a little nonstick cooking spray, olive oil, or pump margarine and season. In a bowl or ziplock bag placed your choice of cut-up veggies. Drizzle with olive oil and shake or stir to coat evenly. Add seasoning and stir or shake again. Place into a roasting pan with the chicken. Bake at 375 for 1 to 1.5 hours or until chicken temp reaches 165 F. • Whole grain bread or roll • 1 cup low-fat milk
<ul style="list-style-type: none"> • Pumpkin Pancakes* Syrup 1 tsp. butter • 2 Scrambled eggs • 1 cup Orange or V-8 Juice • 1 cup low-fat milk <p>*Find the recipe for Pumpkin Pancakes at www.choosemyplate.gov/recipes</p>	<ul style="list-style-type: none"> • Strawberry-Balsamic Spinach & Chicken Salad <ul style="list-style-type: none"> ○ Leftover chicken ○ Strawberries ○ Almonds ○ Crumbled Feta ○ Balsamic Vignette Dressing ○ Spinach or Leafy greens of your choice • Whole grain bread, roll or crackers • 1 cup low-fat milk



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Recipe Resources:

<https://www.choosemyplate.gov/resources/infographics/5-ways-series>

<https://www.choosemyplate.gov/eathealthy/recipes-cookbooks-and-menus>

<https://www.eatright.org/coronavirus/recipes>

<https://spendsmart.extension.iastate.edu/recipes/>

<https://www.choosemyplate.gov/myplatekitchen>

https://bushbeans.com/en_US/recipes-inspiration

<https://www.goya.com/en/recipes>

<https://randallbeans.com/recipes/>

<https://www.mccormick.com/recipes/quick-meals>

<https://www.penzeys.com/shop/recipes/>

<https://www.thespicehouse.com/pages/recipes>

Shopping List

Grains

- ☐ Whole Wheat Bread- 1-loaf
- ☐ Low-Fat Microwave Popcorn- 1- 4-6 bag count box
- ☐ Toast Oat or Whole Grain Cereal- 1 box
- ☐ Other Cereal _____
- ☐ Instant Oatmeal or Cream of Wheat- 6 pack
- ☐ Old Fashioned Oats
- ☐ Cereal Bars- Box of 4-6 count
- ☐ Buttermilk or Blueberry Waffles (Frozen)
- ☐ Instant or Pre-cooked Brown Rice
- ☐ Instant or Pre-cooked White Rice
- ☐ Precooked or Dry Quinoa or Quinoa/Rice Blend
- ☐ English Muffins- 6 count package
- ☐ Whole Wheat, low-fat crackers
- ☐ Whole Wheat Tortilla
- ☐ Other: _____

Fruit/Veggies (Frozen or Canned)

- ☐ Frozen Mashed Cauliflower, Broccoli, Spinach, Vegetable blends, Veggie Spirals (Zucchini, Butternut Squash)
- ☐ Frozen Fruit

- ☐ Canned Fruit, in water or its own juice.
 - ☐ Pears, Mandarin Oranges, Peaches, Pineapple
 - ☐ Assorted Fruit cups in water or its own juice
 - ☐ Applesauce, no added sugar
 - ☐ Canned Pumpkin
 - ☐ Other: _____
- ☐ 100% Orange, apple or grape juice
- ☐ Canned (low sodium or salt-free) Peas, Green Beans, Carrots, Mixed Veggies, Spinach, Diced or Stewed Tomatoes, Tomato Sauce, Potatoes, Beets, Artichoke Hearts
- ☐ Mild or Fire Roasted Diced Green Chiles.
- ☐ Raisins or Craisins- 6-8 Individual boxes or 1 bulk container
- ☐ V-8 Juice or Tomato Juice (low sodium), 32 oz or ~6 oz individual cans X 6-8
- ☐ Baked Beans (Reduced Sodium)
- ☐ Black Beans (Reduced Sodium)
- ☐ Kidney Beans (Reduced Sodium)
- ☐ Garbanzo Beans (Reduced Sodium)
- ☐ Pinto Beans (Reduced Sodium)
- ☐ Cannellini Beans (Reduced Sodium)



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- ☐ Refried Black Beans
- ☐ Salsa
- ☐ Olives, Black, Green or Kalamata

Fresh Produce:

- ☐ Green Pepper, Celery, Carrots, Potatoes, Onion, Cabbage
- ☐ Baby carrots
- ☐ Tomato
- ☐ Fresh Spinach, Romaine or Mixed Blend Lettuce
- ☐ Avocado
- ☐ Bananas, Apples, Orange, Lemon, Grapefruit
- ☐ Grapes, Blueberries, Strawberries, Raspberries.
- ☐ Other: _____

Milk/Dairy

- ☐ Powdered Milk
- ☐ Evaporated Skim Milk
- ☐ ½ gallon Skim or 1% Milk
- ☐ Gallon Skim or 1% Milk
- ☐ Shelf-stable, vacuum-packed low-fat milk, such as:
 - ☐ Horizon low-fat shelf-stable chocolate milk (12- 8 oz boxes)
 - ☐ Fairlife Low Fat Ultra-Filtered Shelf-stable milk. (14 oz 12-pack)
- ☐ Nutrition Liquid Supplement

Soup

- ☐ Progresso **Reduced Sodium** line (~19 oz can contain ~ **470 mg sodium per serving**)
 - ☐ Creamy Tomato with Basil

- ☐ Roasted Chicken Noodle
- ☐ Minestrone
- ☐ Italian Style Wedding with Meatballs
- ☐ Southwest Style black beans & veggies soup

- ☐ Campbell's **Healthy Request Line** (Each as ~**410 mg sodium per SVG**).

- ☐ Chicken Noodle Microwavable Soup Cup
- ☐ Tomato, condensed can
- ☐ Vegetable
- ☐ Vegetable Beef
- ☐ Minestrone
- ☐ Bean & Bacon
- ☐ Mexican Style Chicken Tortilla
- ☐ Southwest Bean & Barley
- ☐ Chunky Sirloin Burger
- ☐ Chunky Chicken & Country Vegetable
- ☐ Hearty Italian-Style Wedding with Meatballs & Spinach

- ☐ **Amy's Light in Sodium** Spicy Chili, Lentil Soup,

- ☐ **Health Valley No Salt Added**

- ☐ Chicken Rice or Chicken Noodle or Cream of Chicken Soup

Protein

- ☐ Peanut Butter- 16 oz or larger
- ☐ Greek or Icelandic Style Yogurt (Plain, Vanilla or Fruit)
- ☐ 1% Cottage Cheese
- ☐ Cheese slices: Swiss, Cheddar, Colby
- ☐ Reduced-Fat Shredded: Cheddar, Mozzarella, Italian blend
- ☐ Parmesan or Feta Cheese

GWAAR Nutrition Team 5-18-20

We do not endorse any brand name products; these are sample ideas and equivalents can be substituted.



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- ☐ Cheese Sticks
- ☐ **Frozen Meal Entrees** such as Green Giant Harvest Protein Bowls, Birds Eye Veggie Made Steam Fresh Mac & Cheese, Healthy Choice Simple Steamers, Lean Cuisine, Kashi, etc.
- ☐ Fresh or Frozen Chicken Breast/Thighs
- ☐ Ham Steak- 8 oz
- ☐ Roasted Turkey, lunch meat- 8 oz package
- ☐ Hormel Compleats Meals (Shelf-stable), e.g. Homestyle Meatloaf with tomato sauce- 15 oz
- ☐ Teriyaki Chicken & Vegetable Rice Bowl- 12.3 oz frozen package
- ☐ Almonds, roasted, unsalted
- ☐ Walnuts
- ☐ Trail Mix
- ☐ Chicken or Tuna Salad, Shelf stable
- ☐ Tuna, 5 oz can
- ☐ Tuna, ~3 oz pouch
- ☐ Chicken, 5 oz can
- ☐ Chicken, ~3 oz pouch
- ☐ Salmon, canned, ~5 or 16 oz
- ☐ Mackerel, canned, ~15 oz
- ☐ Sardines in water or olive oil, no salt added
- ☐ Bean dip, fat-free, low sodium
- ☐ Hummus

Fats/oils

- ☐ Mayo- 1 small container
- ☐ Soft Margarine
- ☐ Whipped Butter

Dessert/Snacks

- ☐ Sugar-Free Gelatin- 1- 4 pack
- ☐ Sugar-Free Pudding Cups- 1-2 4 packs

- ☐ Baked tortilla chips, low sodium, low fat
- ☐ Protein Bars

Condiments

- ☐ Low Sugar syrup- 1 small bottle
- ☐ Grape or Strawberry Jelly
- ☐ Dressing for Salad
 - Balsamic Vinaigrette
 - Light French/Light Ranch
- ☐ Mrs. Dash Garlic/Herb Seasoning or off-brand equivalent
- ☐ Herbs: Dill, Oregano, Thyme, Basil, Rosemary, Parsley, _____
- ☐ Olive Oil, Vegetable Oil

Other Items:

Grocery Shopping Tips from Choose My Plate

Find **fruits and vegetables** in the produce section, frozen foods, and in the canned and pantry food aisles.

- Buy “in season” produce. They are usually less expensive and are at their peak flavor. Buy only what you can use before it spoils.
- Try buying canned. Choose fruit canned in 100% fruit juice and vegetables with “low-sodium” or “no salt added” on the label. These products are just as nutritious as fresh and often cost less.
- If you have the freezer space, buy frozen vegetables without added sauces or butter. They are as good for you as fresh and may cost less.
- Canned and frozen fruits and vegetables last much longer than fresh and it’s a quick way to add fruits and vegetables to your meal.

Find **grains** in many areas of the store, including the bread, cereal, snack, and pasta and rice aisles.

- Make half your grains whole grains. Throughout the store, check ingredient lists and pick the items that have a whole grain listed first.
- Whole grains include whole wheat, brown rice, bulgur, buckwheat, oatmeal, whole-grain cornmeal, whole oats, and whole rye.
- Rice and pasta are budget-friendly grain options.
- Choose hot cereals like plain oatmeal or whole-grain dry cereal.

Find **protein foods** throughout the entire store. They can be found in the fresh meat case, frozen foods section, dairy case, and canned and pantry food aisles.

- Some great low-cost choices include beans and peas, such as kidney beans, split peas, and lentils. Use these good sources of protein for main or side dishes. Beans and peas cost far less than a similar amount of other protein foods.
- To lower meat costs, buy the family-sized or value pack and freeze what you don't use. Choose lean meats like chicken or turkey. When choosing ground beef, make sure it's lean (at least 93% lean) ground beef.
- Seafood doesn’t have to be expensive. Try buying canned tuna, salmon, or sardines – they store well and are a low-cost option.
- Don’t forget about the eggs! They’re a great low-cost option that’s easy to prepare.

Find **dairy foods** in the refrigerated and pantry aisles.

- Choose low- fat or fat-free milk. They provide just as much calcium, but fewer calories.
- Buy the larger size of low-fat plain yogurt instead of individual flavored yogurt. Then add your flavors by mixing in fruits.
- When it comes to cheese, look for "reduced fat," or "low-fat" on the label.
- Always check the sell-by date to make sure you're buying the freshest dairy products.