



Plan Your Meal

By Coach Cassie

The basic concept is meal planning made simple! All you need is to choose a **veggie** (2 or more) + **protein** (1) + **whole grain** (1) + **sauce** (1)

1 CHOOSE YOUR Vegetables *Start with two or more*

- Broccoli
- Cauliflower
- Bell peppers
- Asparagus
- Celery
- Mushrooms
- Bagged Spinach
- Kale
- Carrots
- Edamame
- Green Beans
- Tomatoes
- Mixed Vegetables
- Avocado

2 CHOOSE YOUR Protein *Pick one*

- Rotisserie Chicken
- Beans/Lentils
- Tofu
- Eggs
- Ground turkey/Beef
- Fish/Salmon burger
- Shrimp
- Pork/beef

3 CHOOSE YOUR Grains *Select one*

- Brown Rice (*microwavable OK*)
- Whole wheat or corn tortillas
- Whole-grain bread
- Whole wheat pasta
- Couscous
- Quinoa
- Whole wheat wrap/pita

4 CHOOSE YOUR Sauce/Seasoning *Pick one*

- Curry powder + ½ cup coconut milk
- Low sodium broth (chicken, vegetable or beef) + minced garlic and herbs
- Mexican seasoning + 1 can diced tomatoes in juice
- Plain Greek yogurt with herbs
- Tomato sauce
- Guacamole
- Teriyaki
- Salsa
- Peanut sauce
- Hummus
- Squeeze of lemon

Examples

Mediterranean

Spinach, tomatoes, kalamata olives + canned chickpeas + whole wheat pasta + Greek yogurt with dill and lemon

Mexican

Bag of coleslaw + avocado + beans or pulled pork (throw it in the slow cooker) + corn + tortillas + salsa

Asian

Roasted broccoli and cauliflower + rotisserie chicken + sesame seeds + brown rice + teriyaki sauce